

SPA AND FITNESS

WELLNESS

VALE DO LOBO



wellness





## WELLNESS

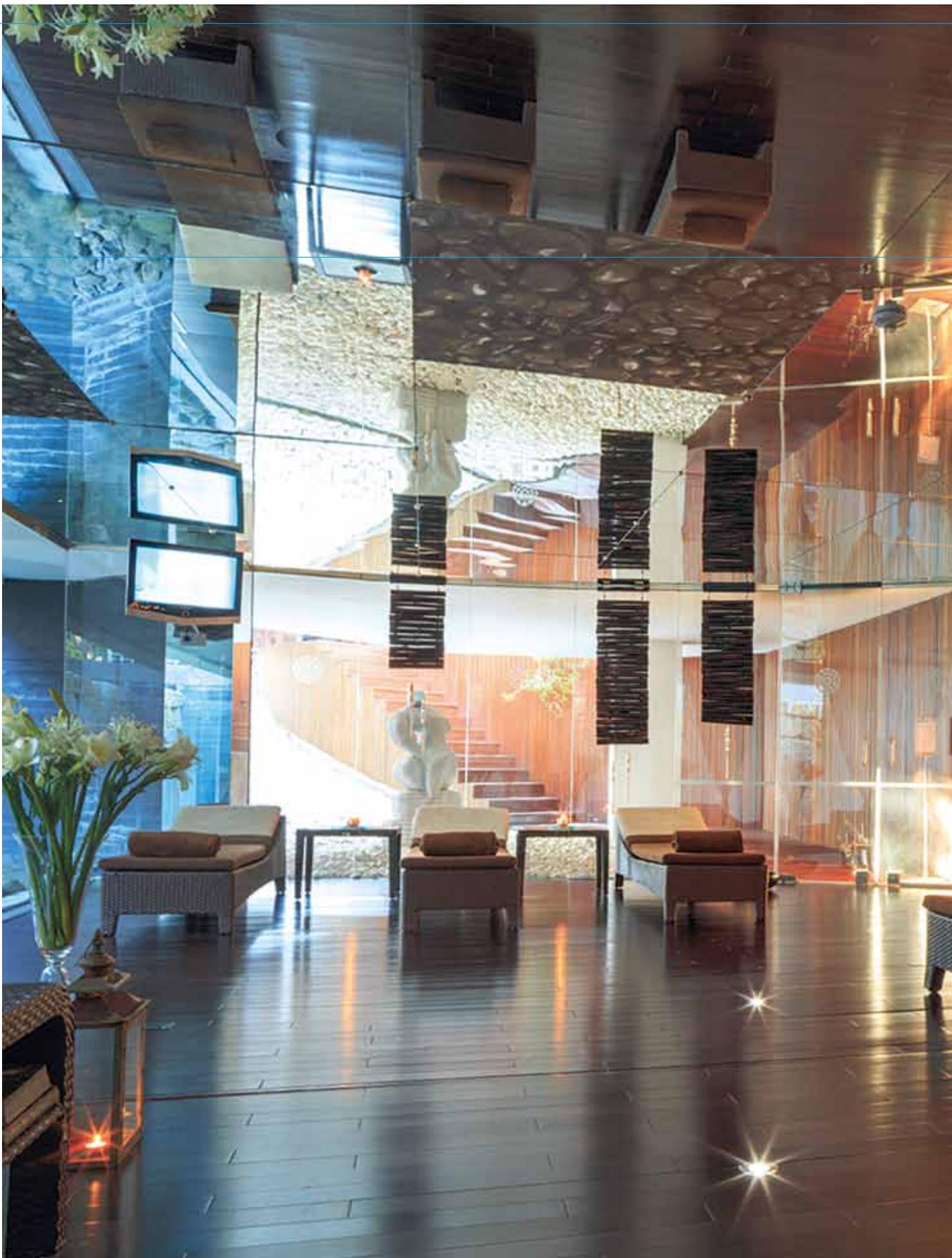
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The ultimate in health, beauty and medical care awaits you.

Together, the luxurious Royal Spa and the state-of-the-art Fitness Centre along with diverse other health and beauty facilities form the Vale do Lobo Wellness Centre - a unique space of magical sensations.

Discover Vale do Lobo Algarve - a new era in wellbeing.







## ABSOLUTE WELLBEING

Leave the stress of the outside world behind and succumb to the powers of salt, water and nature, the three essential elements that are the inspiration of the Royal Spa at Vale do Lobo. A revitalising renaissance for mind, body and spirit, a visit to the Royal Spa means not only the hours spent being treated by highly skilled therapists, but also the time and facilities to relax and adjust before and after treatments.

Integrated in the Vale do Lobo Wellness Centre are several outstanding facilities:

- The Royal Spa offers a diverse range of treatments and holistic therapies, specializing in many excellent massage types, and drawing on old and new techniques, featuring the latest technologies.
- The Fitness Centre equipped with top-of-the-range cardio-vascular and resistance machines, Powerplate and an area designated for classes.
- The Beauty Centre; offering a variety of nail treatments and waxing, and incorporating the Capelli hair salon, managed by the prestigious Victor Picardo Group.

### Biotechnology – the skin's health service!

Eight tranquil indoor treatment rooms are fully equipped, while outside, under the umbrella pines of Parque do Golfe, two wooden cabins are set amidst a relaxing Oriental style garden.

The team of Royal Spa therapists – who have brought their specialities from different areas around the world – offer many beauty and relaxation treatments, perfect for pampering, but, more importantly, their mission is to address particular health objectives – weight loss, skin conditions, fitness, stress management, anti-ageing, detoxification, muscular skeletal problems and illness which can all be helped by spa and fitness therapy. Customised counselling for the follow-up of your treatment at home is also provided.

To discover the different treatments available at the Wellness Centre, read on...





## FACIAL TREATMENTS

### Customised

Particularly elaborate, it balances, promotes tonicity and elasticity and smoothes epidermal tissue. Customised treatment according to the needs of your skin particularly indicated in cases of oily skin, acne, pigmentation spots, rehydration...

### Lifting/ Anti-ageing

It stimulates, tones, procures firmness and vitality. Marine active agents with cellular renewal and refirming properties give your skin better precision of outline, firmness and radiance.

### Option with Extraction

## BODY THERAPIES

### Indian Verbena Crystallised Salt Peeling

Activates circulation, has a refreshing, nutritional, anti-inflammatory and anti-fatigue action.

### Marine Essence Algae Therapy

A wrap of plant and algae extracts, obtained by a biotechnological process, that improves circulation, eliminates toxins and stress and mineralizes the skin.

### Anti-Cellulite/ Slimming/ Refirming

Warm/ cold wrap which contains natural agents with anti-cellulite effect, to reduce and reshape the figure or to tone and give elasticity and firmness to the epidermal tissue. It drains, stimulates the metabolism and produces a pleasant sensation of lightness, vital for circulation and good health.

### Mind & Body Therapy

A perfect combination of marine extracts and essential oils. A therapeutic massage and a cataplasm made of several algae and Noble oils, release muscular strain, fatigue, stress and rebalance body and mind. Feel the benefits of this holistic treatment!

## HYDRO THERAPIES

### Vichy Shower

A shower with directed water jets and simultaneously a therapeutic massage with Grape Seed Oil, Lavender and Rosemary essential oils. Relieves muscular strain and stress, eases circulation and provides an energetic balance.

### Vichy Shower with Sea Salt Peeling

The combination of Indian Verbena crystal sea salt with the directed water jets will stimulate cell renovation, rebalance the nervous and psychic system and relieve muscular strain and insufficient circulation, resulting in a general state of well-being.



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## MASSAGE TECHNIQUES

### **Swedish Massage** (*Full Body*)

A relaxation massage that helps to eliminate toxins, relieves muscle strain and stimulates circulation.

### **Therapeutic Massage** (*Localised*)

Massage performed with Macadamia and Ravensara essential oils that rebalances the nervous system, relaxes the muscles with an anti-stress action. It has an added stimulating effect on the immunological and cardiovascular systems.

### **Back and Neck Massage**

Massage that relieves muscle strain, reduces stress and fatigue, resulting in wellbeing.

### **Sports Massage** (*Pre- and Post-Practice*)

An invigorating and stimulating deep action massage with Macadamia oil that procures flexibility and prevents injuries before practice. For post-practice, it provides relaxation to reduce muscle strain and to increase mobility.

### **Deep Tissue Massage**

Several specific massaging techniques that stimulate muscle tissue, circulation and eliminate toxins, with the aim of aligning the layers of conjunctive and muscle tissues.

### **Aromatherapy** (*Full Body*)

A relaxing deep massage with 100% Essential oils, customised according to your needs, to improve physical and mental capacities.

### **Pre-Natal and Post-Natal Massage** (*Full Body*)

Customized massage that improves circulation, increases flexibility, balance, energy and physical wellbeing.

### **Manual Lymphatic Drainage** (*Localised*)

A technique intended for a better functioning of the lymphatic system, fundamental for circulation and general good-health.

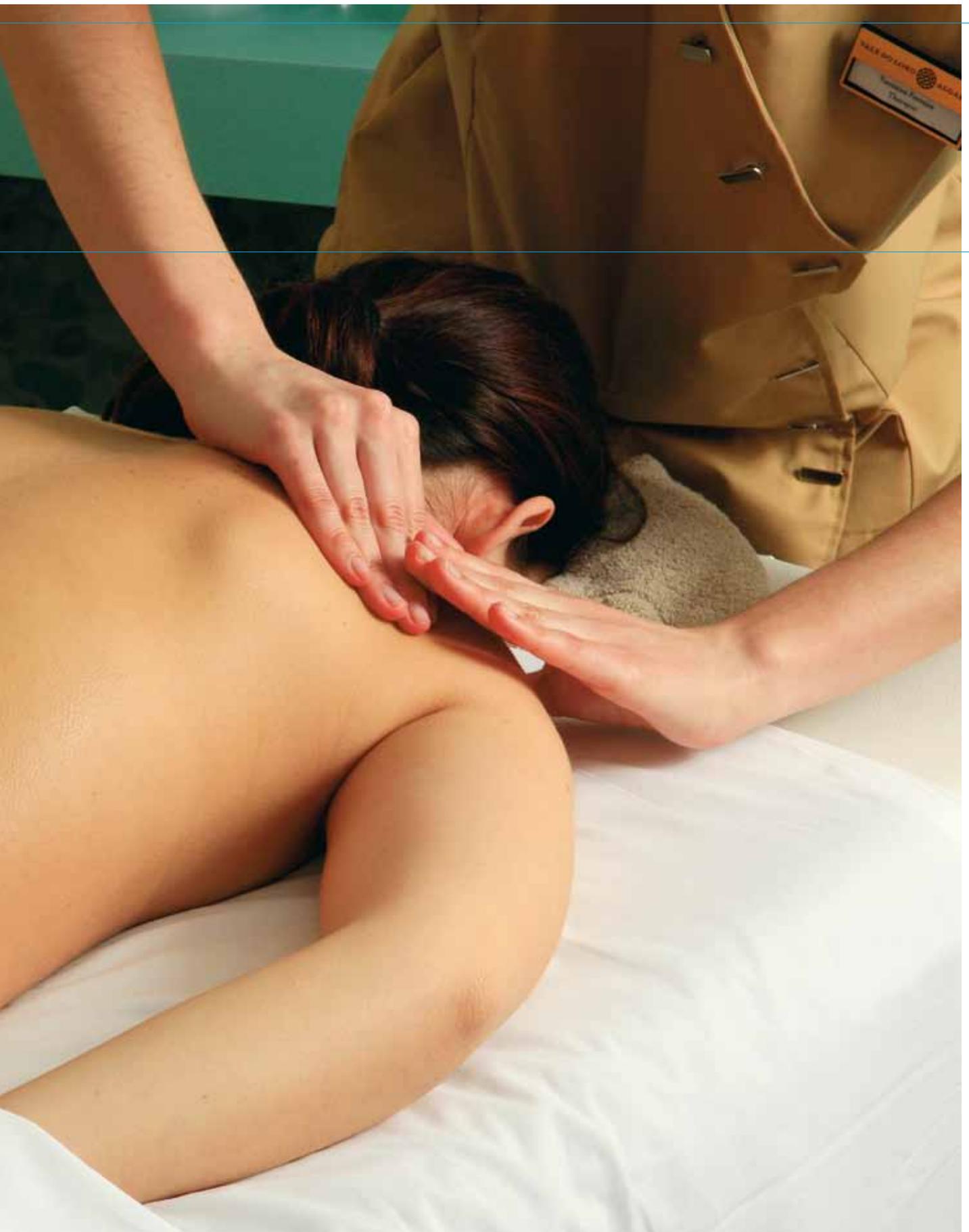
### **Royal Deluxe Massage**

Relaxing scalp, face and body massage using Essential Oils and followed by a warm towel ritual - perfect for easing muscle tension and inducing a deep sense of relaxation.



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## HOLISTIC THERAPIES

### Hot Stone Therapy

A millenary therapy that harmonises body and mind. The synergy of the stones and essential oils stimulates relaxation and energetic balance.

### Pinda Sweda Therapy

An age-old ayurvedic massage that uses warm boluses containing spices soaked in a warm aromatic oil, bringing a pure state of tranquility and promoting emotional balance and wellbeing.

### Reiki

Ancient art of healing making use of the hands to channel and transfer vital universal energy, easing tensions and blockages in mind and body.

### Shiatsu

Japanese therapy that uses finger pressure on specific points of the body. Used for treatment of anxiety and depression, sinusitis, insomnia, headaches, sore back and shoulders (tennis players, golfers, etc.).

### Thai Massage

A traditional massage helps to balance body energies by stimulating the body's pressure points, allowing a deep relaxation.

### Ayurvedic Massage

One of the oldest massages known to man for overall physical, mental and spiritual health. Removes toxins and revitalizes the body and mind, stimulating flexibility and relieving tension.

### Indian Massage (*Head and Shoulders*)

A range of different massage pressures and rhythms to stimulate the head and the neck areas. It improves circulation and increases brain oxygenation.

### Reflexology

Ancient therapeutic method that uses pressure and/or massage of specific reflex points of the feet, creating an intense relaxation and a profound wellbeing.

## PHYSIOTHERAPY

### Physiotherapy or Aquatic Physiotherapy

Treatment techniques that restore the capacity to recover physically, and also to prevent and recover from an injury or dysfunction.



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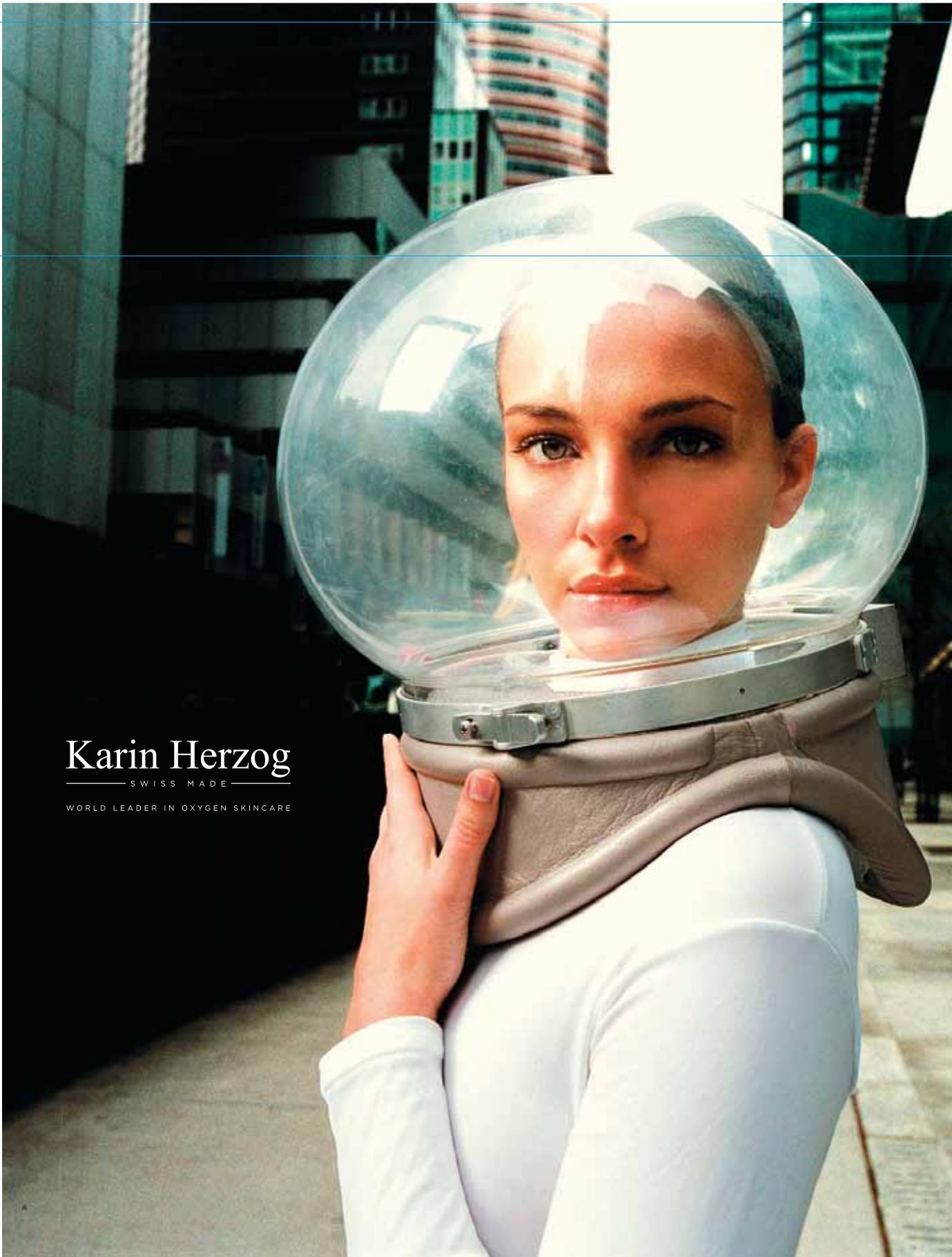




# Karin Herzog

— SWISS MADE —

WORLD LEADER IN OXYGEN SKINCARE



## KARIN HERZOG FACE RITUALS

A selection of advanced treatments that go beyond a normal facial cleansing and hydration, they also incorporate oriental facial massage techniques for perfect comfort. Focused on improving the skin conditions through the power of the oxygen, Karin Herzog's face rituals promote the skin's oxygenating process, as well as regenerating and hydrating it, at the same time, they ease the facial tensions and reduce lines and wrinkles.

### Oxygen Anti-Ageing Facial Karin Herzog

A regenerating face ritual that combines the most advanced worldwide patented formula by Karin Herzog, the oxygen therapy and the vitamin A. It acts with a soft action, but has the effectiveness of fruit enzymes such as orange, tangerine, grapefruit and grape. The result is perfection: hydrated and vitamin enriched skin, visibly renewed, firm, light and with a satin texture. An effect of natural lifting, works even in the sensible skins.

### Oxygen Chocolate Facial Karin Herzog

An exclusive oxygenating and hydrating treatment for all skin types. Combines anti-oxidant properties of the chocolate and the oxygen benefits. The skin is nourished with vitamins and minerals with exceptional results: deep hydration and capacity for cell renewal. A sweet pleasure that awakes your senses.

### Oxygen Purifying Facial Karin Herzog

Targeting skin's problems such as acne, this ritual ensures maximum efficiency. Through a specific oxygenation, this treatment deeply cleanses and detoxifies the skin relieving it from impurities and bacteria, rebalancing the natural oil production. The skin recovers its capacity of cellular oxygenation, the freshness and homogeneity lost. The benefits of oxygen in all it's splendour.

### Oxygen Deep Cleansing Facial Karin Herzog

The most complete deep cleansing facial ritual. So effective that combines the extraction of impurities, the oxygenation and detoxifying of any skin type. For a light, toned and cleansed skin.

### Quick & Beautiful Karin Herzog

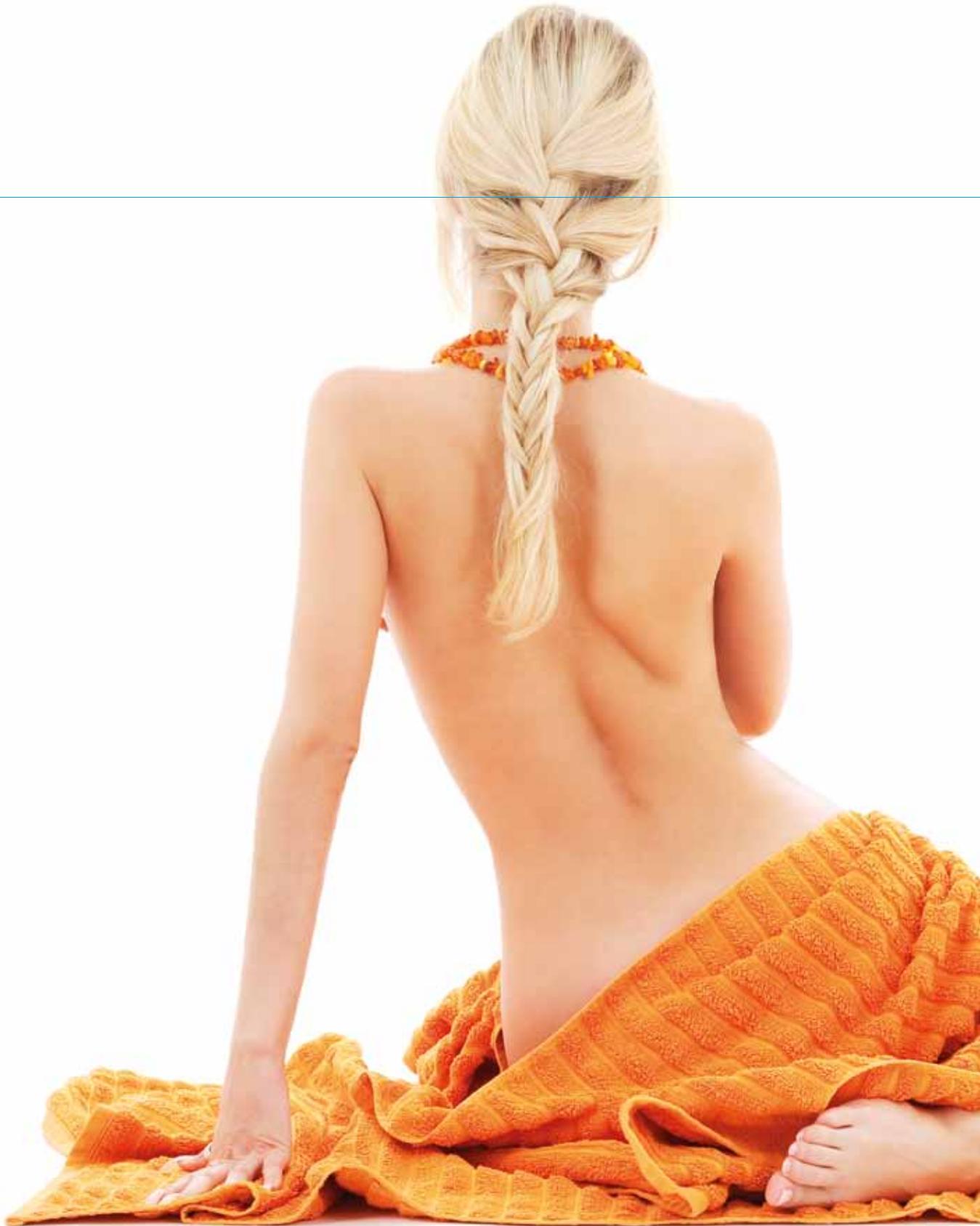
A cleansing mini facial, ideal to quickly restore brightness, elasticity and oxygenation to the most tired and damaged skins. Using facial pressure point techniques, and a serious combination of essential oil of rose, glycolic acid and oxygen, the skin will quickly became clean and oxygenated.

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**Karin Herzog**

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## KARIN HERZOG BODY RITUALS

With a double worldwide patented formula of Oxygen, Karin Herzog's Body rituals perfectly embody the holistic oriental wisdom, with a surprising effectiveness of oxygen therapy. In all the specific treatments, a sensorial journey is guaranteed through small moments of pleasure.

### Swiss Glow Ritual Karin Herzog

A hydrating body exfoliation with sea salt and apricot oil. For the face a soothing exfoliation, to clean and moisture the skin. The final glamour touch is our body cream, a veil of shimmering nourishing softness.

### Silhouette Ritual Karin Herzog

Oxygen therapy combined with a very draining massage, to fight the build up fat or cellulite that normally is located on the thighs and gluteus and abdomen slimming treatment. Acting in a very natural way, through the pressure made by the oxygen, the fat skin cells are broken and the capacity for cell renewal is activated and rebalanced.

### Anti-Ageing Hand Treatment Karin Herzog

An exceptional treatment that combines oxygen, apricot oil and sea salts, creating an unbeatable team to treat hands and nails. The oxygen mask has a powerful anti aging effect, leaving the skin hydrated and youthful, helping to fight external aggressions.

### Revitalizing and Relaxing Foot Treatment Karin Herzog

Our feet bear all our bodyweight and deserve a special care. Eucalyptus, menthol oil and an oxygen mask are the ideal solution for the immediate relieve of the build up tiredness.



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## SPECIAL PROGRAMS KARIN HERZOG

### **O2Relax Karin Herzog** (*ladies*)

A facial anti-wrinkle treatment, that was tested, proven and patented worldwide. The oxygen combined with vitamin A, water and glucose, associated to a holistic ritual involving hot and cold stones, which activate your body's blood circulation, and create a natural lifting on your face. The perfect combination for a complete relaxing experience.

### **O2Pure Karin Herzog** (*gentlemen*)

Karin Herzog's oxygen therapy, highly effective in its ability to detoxify and deeply clean the skin, is combined in this ritual, to the relaxing and draining action of the hot and cold stones. A sophisticated ritual that treats man deep face problems, as well as relaxes mind and body.

### **Choco Body & Face Karin Herzog**

A luxury ritual that deeply hydrates and nourishes both body and face. A mild body exfoliation with fruit enzymes, followed by an oxygen and chocolate body wrap. To pamper your skin we combined our chocolate facial by Karin Herzog, to relax body and mind, like no other.



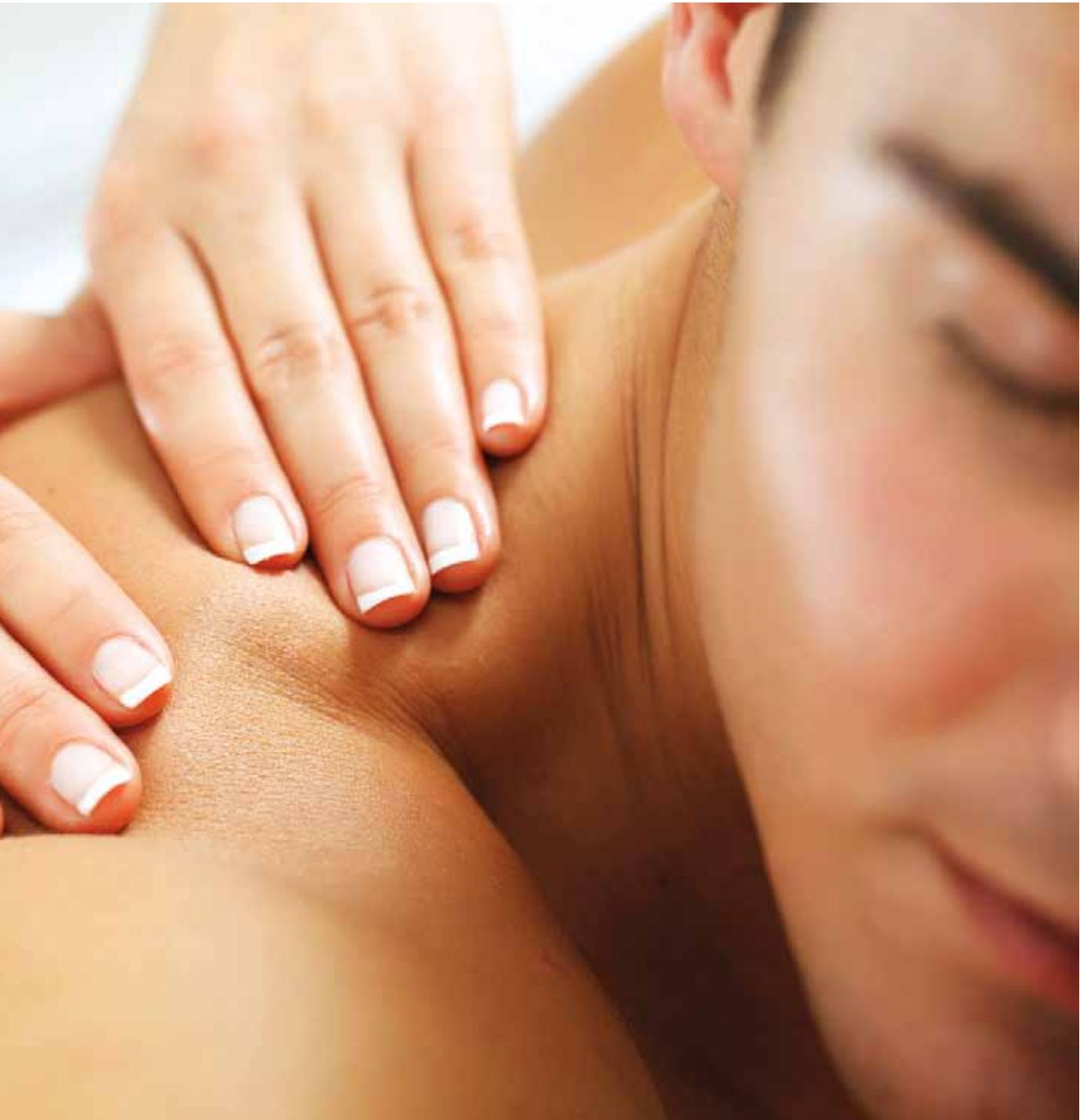
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## FITNESS CLASSES AND PERSONAL TRAINING *(Private Sessions)*

### Fitness Classes

A diverse range of classes are available Aqua Fitness, Total Body Conditioning, Sweet Move, Cycle, Stretch, and many other options.

### Personal Training

A private instructor to teach, assist and encourage a trainee of any sport at any level, including access to fitness classes and private sessions. Recommended for clients with specific medical conditions such as; diabetes, high blood pressure, osteoporosis, obesity, injury recovery, posture correction, stress, weight control.

### Powerplate

A supervised session on this vibrating plate works out all parts of the body very effectively. Powerplate affects 95% of muscle fibre, although applying little strain on ligaments of the musculoskeletal system. Recommended for injury recovery, anti-aging, circulatory system, and others.

### Physical Assessment

Height, weight, blood pressure evaluation, cardio-evaluation, measurements, flexibility, resistance and strength.

### Note:

· These sessions are held at the Vale do Lobo Fitness Centre, adjacent to the Royal Spa. Numerous fitness classes are also available (please ask for the weekly timetable).





## USE OF FACILITIES AND MEMBERSHIP OPTIONS

### ROYAL SPA MEMBERSHIPS

- Access to turkish bath, hammam, sauna, pool and jacuzzi area;
- Use of relaxation area, with complimentary lemon juice, tea and fruit;
- Bathrobes, towels, slippers and use of a locker in the changing rooms.

### FITNESS CENTRE/ ROYAL SPA MEMBERSHIPS

The following day passes and membership options are available at the Vale do Lobo Wellness Centre, combining the facilities of the Royal Spa and Fitness Centre.

#### Fitness Centre

- Unlimited access to the Fitness Centre
- Unlimited fitness classes
- Access to Turkish bath, *hammam* and sauna
- Towels, use of a locker in the Fitness Centre changing rooms
- Discount of 10% in Royal Spa treatments

#### Fitness Centre and Royal Spa

- Unlimited access to Fitness Centre
- Unlimited fitness classes
- Access to Turkish bath, *hammam* and sauna
- Access to the pool and jacuzzi area
- Towels, use of a locker in the Fitness Centre changing rooms
- Discount of 10% in Royal Spa treatments

### Notes

- Vale do Lobo cardholder discounts apply to most treatments and memberships.
- The Wellness Centre may only be used by over 18s, or over 16s accompanied by a personal trainer or parent.
- Memberships are not transferable or refundable, but may be upgraded to a different type of membership on request.
- Wellness Centre day passes or membership cards must be shown to gain access to the facilities. Lost or stolen cards must be notified to the Wellness Centre reception immediately.
- Information valid on date of issue: 02/10/2013; subject to change.







## MAKING THE MOST OF YOUR ROYAL SPA EXPERIENCE

### APPOINTMENT RESERVATION

It is recommended that you book your treatments in advance to be able to select your desired time and avoid disappointment.

### MEDICAL CONDITIONS

On your first visit to the Royal Spa you will be asked to complete a health information form. If you have any type of medical condition, be sure to mention it at this time. The completion of this form is obligatory. Please also inform the therapist if you are wearing contact lenses before you have a facial.

### ACQUAINTANCE WITH THE FACILITIES

To start your relaxing spa experience, please arrive 30 minutes prior to your appointment time. We will be happy to give you a tour prior to your treatment, to acquaint you with your surroundings and introduce you to the spa facilities, such as saunas, steam room, hammam and relaxation rooms, as well as the Fitness Centre.

Being respectful of the environment is part of the Royal Spa experience, so we would kindly ask you to use only the number of towels necessary.

### PREPARING FOR YOUR SPA VISIT

On the day of treatment, try to stay out of the sun and avoid alcoholic beverages. Also do not schedule a physically demanding endeavor after a Spa appointment. When in doubt, contact the Spa to ask whether it is advisable to engage in a particular activity prior to your appointment.

If you must shave, do so at least twenty four hours before your scheduled appointment, particularly a man receiving a facial or a woman receiving any kind of body treatment to the affected area.

Try not to eat for at least an hour before a treatment. Drink plenty of water before and after, especially if you plan to enjoy heat therapy, such as the saunas, steam room or hammam.

### USE OF THE POOL

Use of a swimsuit for ladies and trunks for men and swimming cap is compulsory. Swimming caps can be requested from the Spa Reception. Clients are kindly requested to use the poolside shower before entering the pool.

### ETIQUETTE AND DRESS CODE

Upon arrival, you will be given a comfortable robe and slippers for your use. Please also remember to bring your bathing suit if you plan to use the swimming pool, saunas or steam room.

No alcoholic beverages or smoking are permitted.

Please enjoy the peace and tranquility of the Royal Spa and respect your fellow clients:

In the relaxation room and elsewhere, keep conversations at a low volume. Please turn mobile phones and pagers off before entering the Royal Spa.

### PRIVATE PROPERTY

All valuables should be secured in a locker and locker keys kept with you at all times. Each Member or Guest assumes sole responsibility for his or her property. The Royal Spa shall not be responsible for any loss or damage to any private property used or stored on the premises.

### CANCELLATION POLICY

Any cancellations with less than 5 hours notice will be subject to a 50% charge.

### SPECIAL PACKAGES AND PROMOTIONS

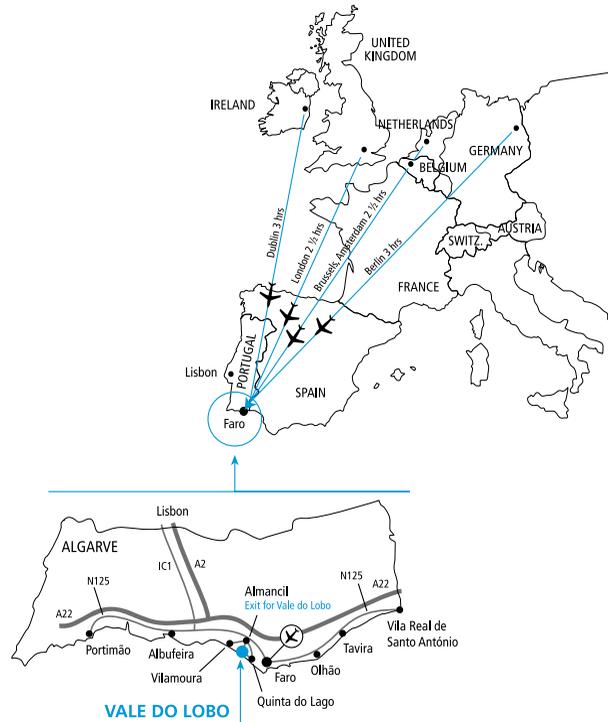
Please ask at the Wellness Centre Reception about the special packages available.

## VALE DO LOBO TREASURES

Vale do Lobo is a top quality, self-contained resort, providing everything you could possibly need, with outstanding attention to detail.

### VALE DO LOBO AT A GLANCE:

- Founded: 1962, the first resort in the Algarve
- Resort area: approx. 450 hect
- Built area to date: 350.000 m<sup>2</sup>
- Villas and apartments: over 1,500
- Future developments planned: 500 more homes and a 5-star hotel
- Beach: 2 km
- Restaurants and bars: 15
- Sports and leisure: 2 golf courses, Tennis Academy, Royal Spa, Fitness and Medical Centres, pools, water and beach sports and more.



### VALE DO LOBO WELLNESS CENTRE

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