



ORYZA SPA

## ORYZA SPA PHILOSOPHY

*A unique place in the world surrounded by rice fields and in harmony with the surrounding nature. At ORYZA SPA time is counted slowly in fractions of tranquillity.*

*Experience the rhythm of nature and enjoy our holistic rituals with local ingredients, in which rice is assumedly part of our identity.*

*That is why we created a range of 100% natural cosmetic products - ORYZALAB that offers the best results based on the biotechnological properties of rice grain, celebrating the tradition of Comporta cultivation.*

*This is the land of rice.*



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## ORYZA SPA MESSAGES

### RITUAL ORYZA SPA FOR COUPLES

80 min. | 280€ por casal

An exclusive ritual for couples, that starts with a body polish with rice powder, followed with an aromatherapy massage with slow and profound movements. You will want to get it again!

### HOT STONES MASSAGE

75 min. | 150€

The use of the thermal properties of hot volcanic stones combined with relaxing massage techniques, promotes muscle relaxation, inner peace and unparalleled tranquillity.

### DEEP TISSUE MASSAGE

50 min. | 115€

A deep tissue massage with medium to strong pressure. Intensive movements that minimize the recovery time of muscular tensions.

### RELAX MASSAGE

50 min. | 105€

This massage uses soft to medium pressure combined with long rhythmic movements. It works the whole body promoting total relaxation and well-being.

### BACK, NECK AND SHOULDERS MASSAGE

25 min. | 60€

Relaxing massage focused on the areas of greatest tension in the back, neck and shoulders to soothe and relieve tension.

## ORYZA SPA BODY TREATMENTS

### BODY SCRUB

40 min. | 85€

Full body treatment that helps to increase blood circulation and promote cell regeneration. The application of the scrub with a moisturising or detoxifying benefit, is followed by the application of nourishing cream for hydrated, soft and smooth skin.

### NOURISHING BODY TREATMENT

50 min. | 105€

A body polish and full body wrap, with moisturising and nourishing active ingredients. Includes anti-stress scalp massage.

### THE ULTIMATE DETOX

90 min. | 170€

Detoxifying body wrap with ginger followed by a draining full body massage. Includes massage with foot reflexology points and relaxing scalp massage.



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## ORYZA LAB FACIALS

*A unique holistic beauty experience based on the virtues of ricetherapy*

### THE ULTIMATE HOLISTIC RADIANCE

75 min. | 150€

Enhance and optimize your natural glow no matter the skin type. This personalized treatment includes an extensive draining facial massage for deep cellular oxygenation. Option: phototherapy with led light.

### DEEP MOISTURE RESTORATIVE

60 min. | 120€

A personalised treatment for dry and sensitive skin. Option: phototherapy with led light.

### PURE BALANCING

60 min. | 120€

Suitable for acne-prone skin or skin with imperfections, this is a personalised draining and purifying facial treatment. Option: phototherapy with led light.

### REJUVENATING COLLAGEN BOOSTING

60 min. | 120€

Personalised anti-ageing treatment with a specific focus on toning and regeneration for a real lifting effect.

### QUICK & FIX GLOW

30 min. | 70€

Fast but effective, this treatment provides an instant boost. Suitable for all skin types, it will be personalised according to skin type.



## SPA ETIQUETTE

### TREATMENT SELECTION

If you need help in choosing a ritual, we recommend that you contact the Spa reception directly. Our spa can also provide you with treatment programmes specially adapted to your needs.

### TREATMENT RESERVATIONS

Treatments should be booked in advance at Spa Reception, by phone or email to ensure your desired time is available.

### MEDICAL CONDITION

If you suffer from any type of illness (injuries, allergies, recent surgery), are taking medication or are pregnant please inform the Spa staff immediately. Some treatments may not be recommended.

### MINIMUM AGE

Children under the age of 16 may not use the Spa, unless accompanied by their parents.

### IS THIS YOUR FIRST TIME?

We suggest checking in 20 minutes prior to your scheduled treatment. Subject to availability.

### WHAT TO WEAR

Our spa provides bathrobes and slippers for as long as you enjoy your experience. You may come directly from your room with bathrobe for added comfort. Bring your bathrobe to enjoy the water circuit. Swimming attire is mandatory.

### PUNCTUALITY

Check-in must be made 20 minutes prior to scheduled treatment, late arrival will limit your experience. In case of no-show, the full cost of the treatment will be charged.

### CANCELLATION POLICY

If you wish to cancel or change your treatment, please contact the Spa reception or the hotel reception at least 8 hours in advance. In the event of a no-show, the entire treatment will be charged.

### USE OF MOBILE PHONES

Please switch off your mobile phone at the Spa entrance. The use of mobile phone calls is strictly prohibited in the treatment area.

### SILENCE

Your stay in the Spa is a relaxing experience. Please reduce noise and conversation in the treatment area.

### YOUR PERSONAL PREFERENCES

Some aspects of the treatments can be adjusted to your preferences: light level, sound, room temperature or massage pressure level. If you have any questions, we will be happy to clarify any queries you may have.

### GRATUITIES

If you have found the therapist's service to be excellent and would like to leave a gratuity, please do so at the Spa reception.

### PRICES

Prices include VAT at the legal rate and are subject to change without prior notice.