



# DETOX

WELLNESS PROGRAM





# DETOX

- REFRESH YOUR BODY AND MIND WITH OUR DETOX PROGRAM, REVITALIZING YOUR ENERGY AND PROMOTING OVERALL WELL-BEING -

Awaken your senses in the serenity of Quinta da Comporta Wellness Boutique Hotel, where the horizon blends into the rice fields. Break free from routine with an experience that nourishes body and mind, savoring healthy cuisine that revitalizes. Unwind from stress, detoxifying in a sanctuary that promotes physical activity and tranquility in perfect harmony.





# BENEFITS OF DETOXING

A detox program is designed to help the body rid itself of accumulated toxins, promoting overall health. Benefits include detoxifying vital organs, improving digestion, boosting energy levels, strengthening the immune system, aiding weight loss, enhancing skin health, and improving mental focus. Adopting a healthier diet during detox may contribute to clearer and radiant skin. It's crucial to note that individual responses to detox programs vary, and consulting a healthcare professional before starting any detox is advisable, particularly for those with preexisting medical conditions. Overall, a well-executed detox can lead to increased vitality, improved immune function, and a sense of overall well-being.

FOR BOOKINGS AND FURTHER QUESTIONS PLEASE CONTACT:  
RESERVATIONS@QUINTADACOMPORTA.COM | +351 265 112 390



# THE PROGRAM

2-NIGHTS

## DAY 1

Check-in

Exfoliation & Back, Neck and Shoulders Massage (75 minutes)

Water circuit

Dinner

## DAY 2

Private Yoga Class

Breakfast

Ultimate Detox Body Treatment (90 minutes)

Water Circuit

Lunch

Lymphatic Drenaige (50 minutes)

Quick and fix Glow Facial (30 minutes)

Dinner

## DAY 3

Breakfast

Walk/Bike tour on the rice fields

Nourishing Body Treatment (60 minutes)

Oryza Lab Facial (60 minutos)

Check-out

SINGLE ROOM: 960€

DOUBLE ROOM: 1 579€ (789,50€ per person)



# THE PROGRAM

3-NIGHTS

## DAY 1

Check-in  
Exfoliation (40 minutes)  
Water circuit  
Dinner

## DAY 2

Private Yoga Class  
Breakfast  
Ultimate Detox Body Treatment (90 minutes)  
Water Circuit  
Lunch  
Lymphatic Drenaige (50 minutes)  
Quick and fix Glow Facial (30 minutes)  
Dinner

## DAY 3

Breakfast  
Walk/Bike tour on the rice fields  
Nourishing Body Treatment (60 minutes)  
Oryza Lab Facial (60 minutos)  
Lunch  
Water Circuit  
Ultimate Detox Body Treatment (90 minutes)  
Meditation & Sound Healing Private Class  
Dinner

## DAY 4

Breakfast  
Relax Massage & Quick and fix glow (80 minutes)  
Check-out

SINGLE ROOM: 1 427€

DOUBLE ROOM: 2 341€ (1 170,50€ per person)





REFRESH  
YOUR BODY



AND MIND

# TERMS & CONDITIONS

## RATE TYPE

Our NON REFUNDABLE rate offers accommodation, breakfast, lunch, dinner, all treatments and private classes included in the program, and complimentary access to the QDC facilities, which includes a wellness center for adults aged 18 years and above, adhering to the guidelines outlined by the WHO (World Health Organization).

## METHOD OF GUARANTEE

To confirm your reservation, we require a 100% prepaid amount of the total reservation through our secure online payment platform.

## CANCELLATION POLICY

Please be advised that this rate does not allow for any modifications or cancellations. In the event of a no-show, the entire reservation amount will be charged.

- Valid until 20/03/2024 -

