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VILA VITA SPA

sisley

PARIS

CONCEPT & PHILOSOPHY

Discover the Sisley's Phyto-Aromatic Treatments and let yourself be transported to a wonderful sensorial world.

Benefit from the unique "savoir faire" and experience of a prestigious brand best known for its use of essential oils and plant extracts to create highly effective products of the highest possible quality.

The Sisley Phyto-Aromatic Treatments combine massage rituals from all over the world, created with the respect of local traditions and the power of aromatherapy, to reunify body and mind.

The Sisley Phyto-Aromatic Treatments exist in different versions for face and body, each has its own specific massage technique designed to meet the needs of each skin and its dream answer.

sisley
PARIS

FACIALS BY SISLEY

EXPERT FACIALS

The Phyto-Aromatic Hydrating Facial
60 min – 155€

Designed with dehydrated skin in mind, the Phyto-Aromatic Hydrating Facial is extremely gentle, leaving the skin fresh and petal-soft.

The Phyto-Aromatic Radiance Facial
60 min – 155€

Before a party or to erase fatigue or stress on a complexion, the Phyto-Aromatic Radiance Facial is a must as the effects are immediate: all signs of fatigue vanish, the skin is radiant and luminous.

The Phyto-Aromatic Comfort Extreme Facial
60 min – 155€

Rich and unctuous, the Phyto-Aromatic Comfort Extreme Facial has been designed to treat dry skin types lacking lipids. Nourishing and with extreme richness, this treatment helps the skin regain its elasticity and a wonderful sensation of comfort.

The Phyto-Aromatic Restorative Facial
60 min – 155€

A precious moment of relaxation for stressed or irritated skin, the Phyto-Aromatic Restorative Facial is incredibly gentle. Skin is soothed and regains its vitality, comfort and bygone serenity.

The Phyto-Aromatic Purifying Facial
60 min – 155€

Designed for combination, oily and problem skins, the Phyto-Aromatic Purifying Facial cleanses and purifies the skin while maintaning its water balance. The pores are tightened, the skin purified and the complexion evened out. The face restores its transparency, freshness and glow.

The Phyto-Aromatic Skin Perfecting Facial
60 min – 155€

A truly unique experience with immediate beauty results. The Phyto-Aromatic Skin Perfecting Facial is a sensual journey that smoothes expression lines and purifies the skin, revealing its radiance and freshness. A skin perfecting treatment targeting all phenomena responsible for dilated pores, revealing a flawless-looking skin, even close up. The skin looks instantly matte and its texture is refined. Pores are tightened.

The Phyto-Aromatic Lightening Facial
60 min – 155€

The Phyto-Aromatic Lightening Facial channels the advanced technology behind Sisley's Phyto-Blanc range. The successive application of products according to a precise protocol, ensures the restoring of a clear and even skin. Whether periodically, or in addition to daily use of the Phyto-Blanc range, it is a genuine moment of relaxation for an immediately radiant and bright complexion.

The Phyto-Aromatic Facial for Men
60 min – 155€

Exclusively designed for men, the Phyto-Aromatic Facial for Men offers a moment of relaxation thanks to a very specific ritual. It combines efficiency and well-being for a hydrated, toned and fatigue-released skin.

ANTI-AGING FACIALS

The Phyto-Aromatic Intensive Hydrating Facial
90 min – 230€

The Phyto-Aromatic Intensive Hydrating Facial draws upon Sisley's extensive anti-aging expertise for a unique experience. Concentrated in active ingredients which encourage water circulation within the epidermis, the treatment helps restore the ideal water balance in the skin. More supple and toned, the skin regains the bounce, glow and radiance of a young skin.

The Phyto-Aromatic Sisleyouth Energizing Early Wrinkles Facial
90 min – 230€

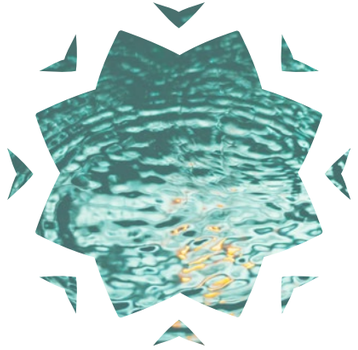
This youth capital protector treatment, energizing and hydrating, has been specially designed for young adults to fight the very first signs of skin aging. Skin is instantly moisturized, revitalized and energized. Following the treatment, the complexion is fresher and more luminous.

The Phyto-Aromatic Sisleÿa Facial
90 min – 250€

In 90 unforgettable minutes, the Phyto-Aromatic Sisleÿa Facial offers a complete treatment involving sophisticated procedures, with in-depth remodeling and the restoring of a youthful skin. Fine lines and wrinkles are smoothed. The epidermis is toned, firmer, more resilient. Skin appears younger and healthier.
This protocol exists in 3 different versions:
- The Phyto-Aromatic Sisleÿa Facial – Normal skin
- The Phyto-Aromatic Sisleÿa Facial – Dry to very dry skin
- The Phyto-Aromatic Sisleÿa Facial – Combination to oily skin

The Phyto-Aromatic Supreme Anti-Aging Facial
90 min – 280€

Sisley has designed a 90-minute treatment incorporating 20 minutes of muscular remodeling to instantly revitalize the skin. Using an exclusive sequence of highly effective massage techniques, its protocol includes Sisley's Supreme Anti-Aging Skin Care Supremÿa - At Night. The features seem redefined, lines are smoothed, skin is more toned.



BODY TREATMENTS BY SISLEY

EXFOLIATING

The Phyto-Aromatic Exfoliating Body Treatment
30 min – 80€

The unique Phyto-Aromatic Exfoliating Body Treatment combines aromatherapy and the effectiveness of an all-over reinvigorating body scrub, for a soft and smooth skin to the touch. It is recommended before any body treatment.

WELL-BEING

The Zen Harmony Phyto-Aromatic Body Treatment
60 min – 140€
90 min – 210€

The Zen Harmony Phyto-Aromatic Body Treatment offers a journey at the heart of an aromatic Californian massage, with added variations of intensity, techniques and scents. During the massage, no body part will be neglected. This treatment provides extremely relaxing and regenerating benefits.

INVIGORATING

The Intensive Hydrating Energizing Phyto-Aromatic Body Treatment
60 min – 140€
90 min – 210€

The Intensive Hydrating Energizing Phyto-Aromatic Body Treatment is performed with vitality. Combined with the benefits of essential oils, it brings softness and well-being to the body. Energy is rebalanced and the body is revitalized.

SLIMMING

The Slimming and Firming Energizing Phyto-Aromatic Body Treatment
60 min – 140€
90 min – 210€

Using the advanced technology and expertise of Sisley's slimming products, the Slimming and Firming Energizing Phyto-Aromatic Body Treatment offers the perfect combination of rhythmical modelling and the effectiveness of anti-cellulite actions. A smoothing and toning body treatment for a sublimed body.

HOLISTIC TREATMENTS & RELAXATION RITUALS

VILA VITA SPA SIGNATURE TREATMENTS

Golden Quartz Treatment
90 min – 160€

Indulge in the warm healing quartz crystals with the experienced hands of our therapists with this unique hot sand therapy. Enjoy a unique full body experience and let yourself drift away with the sound of singing bowls. The treatment includes various massage techniques alternated with heated crystal pindas to take you to a deeper and beneficial level of relaxation, whilst the warm quartz cradles and cocoons your body and provides ultimate comfort, evoking that beach-like sensation.

Spa Wave
30 min – 35€
60 min – 55€

Rebalance with this unique sound and vibration treatment. Special and synchronized vibrations slow down your mental activity, combining the effects of deep relaxation techniques and mindful meditation. The experience provides special effective unwinding and anti-stress benefits and promotes the ultimate power-napping in a short time. This treatment is performed without a therapist.

WELL4D Massage
60 min – 95€
90 min – 140€

Discover the 4 dimensions of a whole new treatment experience which embraces various highly effective massage techniques combined with specific treatment bed positions to give you maximum comfort throughout this body massage. It is particularly suited for expectant mothers, people who suffer from physical discomfort and even children. Sophisticated workflows and optimized lying positions avoid unnecessary stress on the guest and enable ergonomic work for the therapist. The shorter version is performed in a facing upwards position, while the 90 min. treatment also includes a back & leg massage.

Aroma Oil Massage
75 min – 120€

Therapeutic application of essential oils, which act at the cellular level, interfering with metabolism and influencing the functioning of organ systems. They act on a physical, psychological and emotional level and can alleviate stress, muscle pain or nausea. Each session is personalized and unique, aiming to balance and harmonize body and mind with the most appropriate essential oils.

Anti-Stress Ritual
90 min – 130€

Our popular Back-Neck-Shoulder Massage, Head Massage and Foot Reflexology medium pressure treatment will take your tension away and leave you completely relaxed.

Spa Two-gether
60 min – 190€
90 min – 255€

Enjoy this medium pressure couple's massage with your partner or best friend, side by side.

Hot Stone Treatment
90 min – 140€

The heat from basalt stones will help to relieve muscle tension and pain, reduce stress and promote a better sleep. Alternating with Swedish massage strokes, this treatment is adapted to each guests needs.

Swedish Massage / Deep Tissue Massage
60 min – 95€ / 60 min – 110€
90 min – 135€ / 75 min – 120€

These treatments can be performed as a full body massage or by focusing specifically on problematic areas. The Swedish Massage is performed with medium pressure, while the Deep Tissue Massage moves deep into the muscles, layer by layer.

Mother-to-be Massage
60 min – 95€

Ideal to relieve heavy legs and muscle aches, but also to simply relax. We perform this treatment with low pressure in a sideways or upward facing position.

Osteopathy / Craniosacral Therapy
60 min – 110€
90 min – 165€

Osteopathy embraces the philosophy that the body has an innate, natural ability to self-regulate and to heal itself. The key factor that permits this regulation and healing is the ability of the body to freely move in all areas (such as joints and organs) and have a good circulation of all its fluids.
The treatment detects, treats and prevents health problems by mobilising, stretching and massaging while taking into consideration all the systems, such as the musculoskeletal system, the craniosacral and the organic system. Some indicators are back and neck pain, other muscle or joint problems, digestive complaints, headaches or sleeping issues.

Physiotherapy / Manual Therapy
60 min – 105€

Treating problematic areas, injuries and its symptoms, promoting health and fitness through guided exercises; assisting to restore, maintain and maximize strength, movement, and overall well-being, are the main goals of a physiotherapy session.

Traditional Thai Massage
60 min – 100€
90 min – 145€

Thai massage relaxes the whole body and involves the mental, emotional and the spiritual part. It also alleviates stress, improves blood circulation and range of motion. Hands, knees, legs, and feet are being used for this traditional treatment, typically done on a padded mat on the floor without oil. The pressure of the treatment is strong. A comfortable Thai outfit is provided for the treatment.

Traditional Philippine's Hilot Massage
90 min – 145€

An intensive full body and head massage, using heated coconut oil mixed with ginger. This treatment helps contend muscle tension and hydrates the skin, hair and scalp. After the back massage, warm banana tree leaves - traditionally known to take the tightness of the muscles - are placed to cover the entire back area.

Indian Head Massage Ritual
60 min – 90€

The treatment starts by warming up the upper back, neck and shoulder area. The main focus is giving a stress-relieving head treatment. Different massage techniques are used during the application allowing you to feel relaxed and awake afterwards.

Foot Reflexology
60 min – 90€

By stimulating reflex points on your feet, reflexology can impact the whole body, affecting the organs and glands. The aim of the reflexology treatment is to help the body heal itself, but it can also help you to drift off to sleep naturally. There are plenty of nerves in your feet, one of many reasons that foot reflexology is so calming, soothing and effective.

Manual Lymphatic Drainage
60 min – 95€
90 min – 135€

Lymphatic drainage is a gentle, rhythmical massage, aiming to stimulate the circulation of lymph fluid around the body: this helps to rapidly speed up the removal of wastes and toxins from a sluggish lymphatic system, also aiding in the prevention of swelling after injury or surgery. It also can provide a major boost to your immune system.

YOGA & MEDITATION

PRIVATE YOGA SESSIONS

1 student – 60 min – 70€
2-4 students – 60 min – 100€

Aerial Yoga

Fluctuate effortlessly in the air, supported by a soft fabric suspended and secured by both ends to the ceiling. This ethereal variation of yoga promotes a feeling of weightlessness and unparalleled happiness. Aerial Yoga allows even the least experienced practitioner to achieve the most challenging positions, whilst relieving the tension in the spine and improving blood flow. It achieves an unexpected outcome that other workouts do not: an incredible sensation of freedom.

Power Yoga

An intense Vinyasa flow class, which integrates creative sequences with isometric and resistance movements to work out every part of the body equally.

Yin Yoga

A slow paced and passive practice with postures that are passively held for longer periods of time. This style of yoga helps to calm the active and busy mind, regulating the flow of energy on the body, benefiting the meridians and enhancing the vitality of organs, as well as targeting the deep connective tissues of the body.

Yin & Yang Yoga

A combined session of passive and active postures to activate your meridians.

Yoga Flow

A breath-focused, alignment-based class of a Flow Hatha or Vinyasa Yoga.

Yoga Wheel Session

The yoga wheel is a hollow, circular shaped prop designed for aiding stretching, releasing tension and improving flexibility.

Yoga & Meditation

1 student – 75 min – 85€
2-4 students – 75 min – 125€

Hatha Yoga Flow class with concise alignment. This class includes guided meditation and breathing techniques.

Kids Yoga

1 child – 30 min – 40€
2-4 children – 30 min – 60€

Yoga with stories where the little ones learn about ethics, meditation and relaxation in a fun and creative way.

PRIVATE MEDITATION SESSIONS

1 or more students – 60 min – 70€

Yoga Nidra

An ancient meditation practice which induces deep full-body relaxation and provides a tranquil state of mind.

Vipassana & Mindfulness Meditation

Learn about observation of the self and how to create more self-awareness.

Compassion Meditation

Meditation to develop loving kindness towards the self and others.

Chakra Meditation

This meditation releases your unlimited potential through balancing the 7 main centers of energy in the body.

Transcendental Meditation

A guided silent meditation using mantras to clear the mind.

PERSONAL TRAINING

Personalized private training lessons can be performed at our gym or outside, just as you wish.

1 person – 60 min – 70€
2 persons – 60 min – 100€

Pilates
This training works with a series of non-impact exercises and stretching. Your core stability, flexibility, body balance, posture and concentration will improve strongly.

Aqua Fitness*
Taking the benefit of the water this private training allows working out specific muscle groups with a low impact for joints.

Fitball Training
Using the fitball for this lesson will show you how to easily improve muscle strength, fitness and coordination.

TRX Training
Suspension training using your own body weight to work out different body parts, developing more strength, flexibility and balance. Also possible to be performed outdoors!

SWIMMING LESSONS*

1 LESSON
30 min (<6 years) – 1 Child – 50€ / 2 Children – 65€
45 min (>6 years) – 1 Child – 60€ / 2 Children – 70€

3 LESSONS
30 min (<6 years) – 1 Child – 130€ / 2 Children – 150€
45 min (>6 years) – 1 Child – 150€ / 2 Children – 170€

5 LESSONS
30 min (<6 years) – 1 Child – 210€ / 2 Children – 285€
45 min (>6 years) – 1 Child – 250€ / 2 Children – 280€

10 LESSONS
30 min (<6 years) – 1 Child – 400€ / 2 Children – 500€
45 min (>6 years) – 1 Child – 480€ / 2 Children – 550€

*These activities are performed at the Health Club in the main building.

BEAUTY CARE

TINTING

Eyebrows	15 min – 20€
Eyelashes	20 min – 20€

WAXING

Upper lip	10€
Eyebrows	15€
Half leg	40€
Full leg	60€
Bikini line	40€
Brazilian/Hollywood	60€
Back or chest (men)	60€

MANICURES & PEDICURES

Manicure	60 min – 55€
Luxury Manicure (incl. hand treatment with paraffin)	90 min – 75€
Pedicure	60 min – 65€
Luxury Pedicure (incl. foot treatment with paraffin)	90 min – 80€
Medical Pedicure	90 min – 85€
Gel polish removal each 15 min	+15€
Gel polish application each 15 min	+15€
“French lack” application each 15 min	+15€

HYPOXI®

HYPOXI® is a low-impact exercise method, highly effective at burning stubborn fat in targeted areas. Through vacuum and compression technology and a healthy nutrition plan, HYPOXI® activates your body's natural system to burn specific areas of fat and cellulite. Yesterday you said today... so let's get the shape you are looking for.

VILA VITA Parc's HYPOXI®-Studio is the first and only of its kind in Portugal.

A unique and effective method to get your body into shape, HYPOXI® is based on a moderate workout routine and a balanced nutrition plan suitable for all ages.

- Targets and eradicates stubborn fat deposits on desired areas
- Eliminates fluid retention and toxins
- Tones the skin
- Improves blood circulation
- Accelerates your metabolism

The HYPOXI®-Method targets undesired fat deposits on waist, stomach, buttocks and thighs through the unique combination of alternating pressure therapy and moderate fat burning activity. Alternating high and low pressure activates the tissue and those areas of the body where stubborn fat is located. The change in pressure effectively stimulates blood flow and accelerates the transport of fatty acids from these regions.

HYPOXI® can be used to tone the skin and strengthen the connective tissues. High and low pressure is applied to improve blood flow while gently exercising the skin to make it firmer and more elastic.

Our HYPOXI®-Coach will put together an individual training plan designed according to your needs and objectives, and also gives tips on healthy nutrition.

Results are fast, targeted, visible and long lasting, making you feel and look so much better!

		Units	Cost
Individual Sessions		HYPOXI-Training	1 x 45€
		HYPOXI-Dermology	1 x 29€
		HYPOXI-Combination (Training + Dermology)	1 x 65€
HYPOXI Programme	**Stay***	**Units**	**Cost**
HYPOXI-Training	7 Nights	5 x HYPOXI-Training - 1 machine	210€
HYPOXI-Combination	7 Nights	5 x HYPOXI-Combination	290€
HYPOXI-Training	10 Nights	8 x HYPOXI-Training - 1 machine	340€
HYPOXI-Combination	10 Nights	8 x HYPOXI-Combination	460€
HYPOXI Programme	**Duration**	**Units**	**Cost**
HYPOXI-Training	1 Month	12 x HYPOXI-Training	1 x 410€
HYPOXI-Combination	1 Month	12 x HYPOXI-Training + 12 x HYPOXI-Dermology	1 x 640€
HYPOXI-Training	2 Months	24 x HYPOXI-Training	2 x 395€
HYPOXI-Combination	2 Months	24 x HYPOXI-Training + 24 x HYPOXI-Dermology	2 x 620€
HYPOXI-Training	3 Months	36 x HYPOXI-Training	3 x 380€
HYPOXI-Combination	3 Months	36 x HYPOXI-Training + 36 x HYPOXI-Dermology	3 x 590€
HYPOXI Dermology	1 Month	12 x HYPOXI-Dermology	1 x 260€
	2 Months	24 x HYPOXI-Dermology	2 x 245€
	3 Months	36 x HYPOXI-Dermology	3 x 235€
HYPOXI Maintenance Programme Available after an Intensive HYPOXI Programme		12 x HYPOXI-Training	1 x 350€
		24 x HYPOXI-Training	1 x 670€
		12 x HYPOXI-Dermology	1 x 220€
		24 x HYPOXI-Dermology	1 x 420€

*When staying at VILA VITA Parc we recommend for a stay of 7 nights a 5-day HYPOXI programme, for a stay of 10 nights, an 8-day HYPOXI programme. If you wish to do a different number of sessions, please contact us and we can adapt a HYPOXI programme to your needs.

HYPOXI
design your body

VILA VITA SPA PACKAGES

The VILA VITA Spa Packages may be complemented by a curated food and beverage plan adapted to each individual's needs and requirements.

DETOX PACKAGE

Make your wellbeing a priority
570€

In our busy lives, our body, soul and mind are constantly processing food, drinks, thoughts, and emotions. Allow yourself to renew your body and spirit with our Detox programmes.

- The Phyto-Aromatic Purifying Facial by Sisley (60 min)
- The Slimming and Firming Energizing Phyto-Aromatic Body Treatment by Sisley (90 min)
- Lymphatic Drainage (60 min)
- Craniosacral Therapy (60 min)
- Hypoxi Dermology Session (30 min)
- Yoga & Meditation (personal training) (60 min)

FITNESS PACKAGE

Stay focused on your fitness goals while traveling
585€

Our specialized Spa and Fitness team offers you different options to sweat away your stress and feel revitalised.

- The Phyto-Aromatic Restorative Facial by Sisley (60 min)
- The Slimming and Firming Energizing Phyto-Aromatic Body Treatment by Sisley (60 min)
- Physiotherapy (60 min)
- Stretching & Core Stability - personal training (60 min)
- Aerial Yoga (60 min)
- Philippine Hilot Massage (90 min)

ULTIMATE RELAXATION PACKAGE

Melt under the therapeutic touch and feel refreshed and rested
660€

- The Phyto-Aromatic Radiance Facial by Sisley (60 min)
- The Zen Harmony Phyto-Aromatic Body Treatment by Sisley (90 min)
- Back, Neck & Shoulder Massage with Foot Reflexology (90 min)
- Luxury Pedicure with scrub & paraffin (90 min)
- Craniosacral Therapy (60 min)
- Indian Head Massage Ritual (60 min)

BEAUTY PACKAGE

Beautiful inside and outside
635€

Enjoy our beauty rituals, relax with the best treatments, ending with a guided meditation to cleanse toxins from your mind.

- The Phyto-Aromatic Sisleyouth Energizing Early Wrinkles Facial by Sisley (90 min)
- The Phyto-Aromatic Exfoliating Body Treatment by Sisley (30 min)
- The Zen Harmony Phyto-Aromatic Body Treatment by Sisley (90 min)
- Luxury Manicure (90 min)
- Luxury Pedicure (90 min)
- Meditation Session (personal training) (60 min)

MEETING YOUR NEEDS

Should I make a reservation?

Our Spa receptionists are experienced in all treatments and will be delighted to assist you in planning your spa programme. It is advised that you make reservations in advance, especially if you wish to make multiple bookings during your stay. Upon arrival, guests without reservations will be accommodated if appointment times for selected treatments are available.
Please keep in mind that not all of our treatments might be available at all times.
To make your spa reservation please either visit us or call on +351 282 320 351 (from outside the hotel), or dial extension 3400 (internal line). A valid credit card number is required to guarantee your booking if you are not a resident hotel guest.

How early should I arrive?

We recommend you to arrive 15 to 20 minutes prior to your appointment to make the most of your spa experience. You will have enough time to relax, to have a tea or a water and also to change. Should you arrive late, your appointment may need to be shortened in order to allow the therapist to be on time for the next appointment.

Should I let anybody know about any allergies, disabilities or ailments?

Yes please! Especially if you have high blood pressure, allergies, if you are pregnant, or if you have other concerning medical conditions.

How should I prepare for my treatment?

For perfect relaxation you should not have eaten a big meal before your appointment, but also not come hungry.
Before treatments we recommend bathing to feel more relaxed. If you wish to shower before or after your treatment, we provide everything here for you (robe, slippers, shower gel, shampoo, towels, etc.).
For men, we recommend shaving prior to having a facial for maximum comfort and benefit for the skin.

What should I wear for my treatment?

As you will be draped during treatment, there is no need to bring or wear any special clothing. We provide spa wear in your closet (robe, slippers, towels and disposable underwear), and of course you can leave your own undergarments on if preferred. Your privacy will be protected at all time; your therapist will leave you to change in private.

What should I do if I can't keep my appointment?

Your treatment time is exclusively reserved for you, and in consideration for other guests, we kindly request a minimum of 12 hours notice prior to the treatment if you should be unable to keep your appointment. We will be happy to re-schedule. Non-attendance or appointments cancelled within 12 hours incur a 50% cancellation fee.

May I bring my valuables?

While the spa has lockers, it is recommended that you leave valuables in the safe provided in your room. Many treatments require removal of jewellery. We are not responsible for any loss or damage to personal items including clothing and accessories.

How can I ensure a fabulous spa experience?

Please openly communicate your treatment expectations. Even though we do our best to anticipate your needs, a treatment is a very individual experience. Talking with your therapists will enable them to customize your services to ensure your satisfaction.

Where can I find the wet spa facilities?

At the Health Club, in the main building, you will find our heated indoor pool, sauna, steam bath and a relaxation area. Also here we provide towels and everything you need to shower.

Can I extend my spa experience?

Yes of course! Please pass by our retail area at the spa, where you can choose from our complete spa range of products and ensure your relaxation continues.

Do you sell any gift cards and vouchers?

Yes. Treat your friends and loved ones to a day at our spa. Please let us help you to find the right present.

VILA VITA PARC

★ ★ ★ ★ ★

ALGARVE

LEADING HOTELS®

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