



Located in the **Hotel Inspira Santa Marta**, **The ReTREAT** is the ideal place for your body and mind to release the daily stress and to experience a unique sensation of wellbeing and togetherness with Nature!

Honouring the Feng Shui philosophy, at **The ReTREAT** Managed by RitualSPA we have a vast selection of services, among which we enhance the rituals from the acclaimed British brand **ELEMIS**, leader in the most prestigious SPA circuits all over the world.

The treatment area at **The ReTREAT** Managed by RitualSPA is composed of 2 individual treatment rooms, 1 water therapy room with Vichy shower, 1 treatment room with basic services and a luxurious double room for couples, equipped with colour therapy. Finish your experience peacefully in our elegant tea and relaxation room

The Wellness circuit helps you to abstract from the daily stress, having at your disposal a gym, sauna, steam bath and mini-pool with a dynamic cascade.



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# MASSAGES

## **Authentic Portuguese Massage**

50/80min – 85€/125€

Our signature homage to the Portuguese navigators! The heated olive oil and Pindas with Atlantic Ocean salt and Portuguese herbs united with the best techniques to promote genuine relaxation and muscular tension relief place this massage on the group of our best-sellers since ever!

## **Garden of Roses Restore**

50/80min – 85€/125€

Take a walk in a rose garden with this lavishly hydrating body massage and a micro-wrap. The unique trio of Rose, Camelina and Poppy seed oils maintain and restore elasticity, intensely supple and deliciously scented, whilst encouraging skin and spiritual renewal.

## **Localized Massage**

25/40min – 45€/65€

Ideal for tired back or legs. This treatment can have a therapeutic or relaxing effect. Very convenient to enjoy during your lunch hour or after work, as well as being combined with our SPA complementing treatments.

## **Freestyle Deep Tissue Massage**

50/80min – 85€/125€

Undeniable number one of all massages! Deep massage with therapeutic effects. It reduces muscle contraction and accumulated tension, promoting muscle and emotional relaxation.

## **Deeper than Deep Hot Stone Massage**

50/80min – 85€/125€

A luxurious experience thanks to the stones' healing energy. Awakens the senses, relieves the stress and reduces muscle pain.

## **SPA Romance for 2**

50/80min – 185€/245€

Discover new sensations in an unforgettable moment for two! In a romantic ambiance, enjoy an exclusive massage for the couple in our double room.

## **Golfers Massage**

50/80min – 85€/125€

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Therapeutic massage combining muscle recovery and relaxation techniques. Improves the sport performance.

## **Children Massage (until 12 years)**

15/30min – 15€/30€

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Relaxing massage to release the stress and tensions built up in the busy daily life of a child, with a balancing effect.



# ELEMIS ADVANCED ANTI – AGING FACIALS

## Pro-Collagen Age Defy

60min – 95€

This is the perfect treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin. The proven benefits of active ingredients and manual techniques help plump out fine lines, relax wrinkles, restore firmness and elasticity for beautifully nourished, younger looking skin.

96% of the clients say the face contours looked firm after the treatment.  
90% say the sagging skin in the face and neck has visibly reduced.\*

## Pro-Definition Lift And Contour

60min – 95€

Powered by breakthrough technology targeting sagging jowls, cheeks and jawlines, this facial helps restore the architecture of the face. Exclusive manual techniques and stem cells power are creating a profoundly sculpted, youthful effect.

Reduces up to 94% of the number of wrinkles in just one treatment. Increases the firmness of the skin in about 57% after the first treatment.\*

## Superfood Pro-Radiance

60min – 95€

This is a crafted nutritional boost for stressed, dull skin. Superfoods, essential minerals and trace elements form a mineral army to restore lost moisture, detox and pack the skin with powerful, energising nutrients.

Speeds the natural peeling process up to 75% in the first treatment, boosting the formation of collagen and elastin. Increases the smoothness of the skin up to 32% after the first treatment.\*

\*Clinically proven results.

## **Deep Dynamic Resurfacing Facial Cleansing** 80min - 115€

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This pioneering precision protocol combines powerful enzymes exfoliation, a steam application and manual impurities extraction. Specifically designed to work in conjunction with your skin's unique structure, this highly potent couture resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. A new start for new skin that has never looked better!

## **Speed Spa Advanced Facials** 30min - 65€

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Does your skin desperately needs quick solutions? Try the option that fights wrinkles, firms or profoundly regenerates the skin and make your face look amazing in just 30 minutes!



## BODY SCRUBS & WRAPS

### Body Nectar Nourishing Wrap – Sweet Orchid or Frangipani 60min – 90€

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin. You remain in a cocoon and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

### Lime and Ginger – Intensely Cleansing Salt Scrub 30min – 55€

A luxurious exfoliation ritual to revigorating the body, where the delicate heat of the warm oils followed by the extraordinary depurative power of the salt and exotic actives. The skin looks deeply cleansed, detoxified and amazingly velvety!

Products with awarded formulas, available in your spa, for you to delight and surprise in the comfort of your home.





## Targeted Toning Tightener

30/80min - 55€/115€

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Tightening and toning are the pillars of this treatment. A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. The result is a targeted body airbrush and skin that looks and feels intensely toned and refreshed. Choose a localised treatment: Arms, Hips & Thighs, or Abdomen 30 minutes.

## Hot Mineral Body Boost

60min - 90€

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This revolutionary, mineral-charged experience stimulates every cell in the body, helping alleviate muscular pain and remove toxins. The heated minerals are a catalyst to warm and deeply relax the body, metabolic balancing and energising wellness.

## Thousand Flower Detox Wrap

60min - 90€

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Enriched with biological active substances, this treatment provides super skin-health and powerful detoxification, encouraging the body to eliminate their toxins.



# SPA PROGRAMMES

## Absolute Spa Ritual

120min - 165€

One of the most exquisite and relaxing SPA experience, this combines a luxuriously moisturising massage and Garden of Roses Restore micro-wrap with a facial treatment Superfood Pro-radiance, a nutritional stimulus for a young and glowing face!

## Elemis Spa Sensation

50/80min - 75€/135€

A personalized SPA experience! Combine a 50-minute massage with a SPEED SPA ADVANCED FACIALS treatment to synchronize and heal your body and mind.

## SPAniversaries and bachelor/ette parties

Fill your birthday or bachelor/hen parties with moments of relaxation, glamour and originality, enjoying the premium services and facilities and the best treatments, executed with resources from the prestigious brand Elemis and highly qualified technicians.

## Wellness Circuit\*

Complete experience of relaxation and wellbeing, before and after your treatment. For your convenience, you will be given a bathrobe and slippers as well as a locker to keep your belongings. We advise you to bring your bathing suit, bikini or shorts so you can enjoy all the facilities.

## SPA Corporate Programmes

Surprise your special clients, collaborators or suppliers with deluxe treatments in exceptional SPAs! Based in the concept Speed SPA da ELEMIS, RitualSPA offers you an innovating proposal to optimize your events, surprising your collaborators or clients with a special moment of wellbeing.

## Facilities

The Wellness circuit helps you to abstract from the daily stress, having at your disposal a gym, sauna, steam bath and mini-pool with a dynamic cascade.

\*The access to the wellness circuit is free for the guests at the Hotel Inspira Santa Marta. For non-guests, the use of the wellness area is available exclusively on the day of the treatment. See the conditions at the SPA reception desk.

A dimly lit spa treatment room. In the foreground, two decorative ceramic bells with intricate patterns and a string are resting on a dark surface. In the background, a massage table is covered with a white sheet and a white pillow. The overall atmosphere is serene and relaxing.

## COMPLETE YOUR RITUAL

Body Peeling  
20min - 20€/pax

Body Wrap  
40min - 40€/pax

The complementing treatments are applied only when combined with massages, rituals for two or SPA programmes, they can not be acquired separately.

## SPECIFIC FOR MEN

### Good All-Rounder

30min - 50€

Be a man for all seasons with this hydrating, energising treatment for stressed, fatigued skin. The tailored massage sequence boosts circulation while restoring the moisture and nutrients. Vibrant and vital, you will reign supreme. Vibrante e vital, para o seu bem-estar.

### High Performance Skin Energizer

60min - 90€

This is the hard-working facial for ageing, stressed, and dehydrated skin and tired eyes for every skin concern, restoring vital moisture and nutrient levels. It maximises cell regeneration and revitalised skin for a vibrant and energised result.

### Elemis Times Out for Men

120min - 155€

Enjoy the most of the benefits of this exquisitely relaxing Ritual, customizing the combination of treatments! Choose two experiences between a 50-minute massage, body wrap or facial treatment  
HIGH PERFORMANCE SKIN ENERGISER.

### Cosmetic Elemis

Discover the line of products developed by Elemis specifically for male skin, with effective and immediate results.



# HYDROTHERAPY

## Exotic Intensely Cleansing Salt Scrub

30min - 50€

Exfoliation in the Vichy shower with exotic ingredients for a deeply clean, moisturized and silky skin.

## Muscle Melt Vichy Massage

30/50min - 50€/85€

A powerful massage with a revigorating effect, ideal for decompressing the muscles and relieve the built up tension of your daily life.

## De-stress Vichy Ritual

60min - 90€

Vichy treatment that combines a deep exfoliation and an energizing massage for absolute relaxation and stress relief.

## Recommendation

For your comfort, during the water therapy treatment, The ReTreat recommends using your bikini or beach trunks.



## DAY-TO-DAY SERVICES

### MANICURE AND PEDICURE

**Classic Manicure** 45min - 25€

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**Classic Pedicure** 55min - 40€

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**Deep Pedicure** 75min - 65€

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**Nail Polish Application** 15min - 12€

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### ELEMIS

**Pro-radiance Hand & Nail Treatment**

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30min - 35€

Take care of your hands with an anti-age treatment.

**Sole Delight Foot Treatment**

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30min - 35€

Nourishing and moisturising treatment for your feet.



## WAXING Price per area

### **S Area** 15min - 10€

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Lip fuzz, chin, eyebrows or complementary areas

### **M Area** 20min - 18€

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Armpits, Alba line, bikini line, abdomen, chest, shoulders, feet or hands

### **L Area** 30min - 25€

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Half leg, thighs, back (dorsal or lumbar)

### **XL Area** 40min - 35€

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Full leg or full back

## EYEBROWNS

### **Epilation** 10min - 12€

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Eyelashes Epilation (maintenance of the existing line)

### **Definition** 20min - 18€

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Definition of the Eyebrow Line







The ELEMIS logo is positioned in the upper right quadrant of the page. It features the brand name in a bold, dark blue, sans-serif font. The letter 'E' is stylized with a horizontal bar that extends to the left and then curves upwards. The background of the page is a light grey, abstract graphic of overlapping, curved lines that resemble a stylized leaf or a fan, creating a sense of movement and organic form.

## ELEMIS

Founded in 1990, Elemis is a luxury brand and leader in facial products and SPA treatments. Internationally awarded and acknowledged, you can find Elemis in the best 5 star hotel SPAs of the world, in Steiner cruises ships and British Airways business class lounges at Heathrow (London) and JFK (New York) airports.

The brand's philosophy is all about the power of nature, the cutting edge science and the symbiosis between the aromas. That is the key to be in the front line of the beauty's industry. Elemis' success is deeply connected to the ongoing research and new formula development, to the commitment with excellence achievement and to all the strict criteria regarding their partners' selection.

This British brand is also well known for its commitment to environmental sustainability, through the biodiversity protection, ecological foot-print reduction, as well as the implementation of a corporate social responsibility strategy, based on the support on many social causes and the respect of the ethical code adopted.

## ETIQUETTE AND CANCELLATION POLICY

**Appointments** - Our therapists will help you choosing your treatments in order to meet your needs. We advise our clients to make the appointments beforehand so we can meet their schedules.

**Arrival time / Client attendance** - We kindly ask our clients to show up 10 minutes before the scheduled hour so we can make your check-in. If you arrive late it will interfere with the treatment time and therefore compromise the efficiency and comfort.

**Cancellation policy** - We ask you to notify us about the cancellation at least 12 hours before your appointment. The cancellations done within a period inferior to 8 hours will cause a 50% cost of the treatment value. In case of no show or cancellations 2 hours or less before the treatment, we reserve the right to charge the total value of the treatment booked.

**Health issues and level of comfort** - Please inform the therapist in case of injury or physical impairments as well as your preferences regarding the room temperature, light, music and fragrances or aromatherapy. Also inform the therapist regarding your comfort and problematic body and/or face areas. In case of pregnancy, recent surgery, epilepsy, cancer, diabetes, heart problems or other conditions, you should ask your doctor before having any treatment and also inform the therapist at the moment of your appointment.

**Children** - Children under 12 years may use the SPA for treatments, however, they must be accompanied by an adult.

**Personal values** - Even though we give each client a locker with a key to keep their belongings, RitualSPA is not liable for eventual losses or thefts. We recommend that you don't bring any valuables such as jewels or electronic gadgets.



For the last 10 years,we have been offering our clients an excellent service, exquisite ambiances and unforgettable experiences of sheer relaxation and wellness from the prestigious British brand ELEMIS, leader in the most luxurious SPA circuits all over the world!

Lisboa . Cascais . Estoril . Quinta do Lago



The ReTREAT SPA managed by RitualSPA - Inspira Santa Marta Hotel  
Rua de Santa Marta, 48-1150-297 Lisboa  
T. 210 440 907 • E. [info.theretreat@ritualspa.pt](mailto:info.theretreat@ritualspa.pt)  
Open from Monday to Sunday from 10h00 to 20h00



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