

We at **Bamboo Garden Spa**, wish you a warm welcome to Quinta das Lágrimas. Based on the four seasons of the year, you will find here an extremely relaxing and comfortable environment where body and mind find the perfect balance through our luxury care and rituals. Let yourself be enveloped by this atmosphere of complete tranquility.

In our Spa we offer free of charge to all our guests and Spa Members the following facilities:

- Outdoor Swimming pool
- Indoor Swimming Pool
- Fitness gym
- Turkish bath
- Steam room

## RESERVATIONS

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They can be made directly at the Spa, by phone + 351 239 802 399, by email to [bamboospa@quintadaslagrimas.pt](mailto:bamboospa@quintadaslagrimas.pt) or through extension 255 (guests).





These luxurious face care provide unparalleled moments of comfort and relaxation, as during each session you will experience a variety of massages and wellness ceremonies with immediately visible results.

## FACE RITUALS BY ELEMIS

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### ESSENCIAL BAMBOO ..... 30M | 50€

In a minimum time, a vitamin cocktail that prepares your skin for special occasions.

### ANTI-AGE ..... 60M | 95€

This luxurious ritual with marine extract of Padina Pavonic returns to your skin tone and luminosity. With a specialized lifting massage, it is the perfect combination of an Anti Age treatment. It awakens the splendor of the contours of his face, giving it back firmness.

### COMFORT ..... 50M | 75€

For more sensitive and fragile skins, this moisturizing and deep nutrition treatment promotes intensive cellular oxygenation, promoting an immediate comfort to your skin

### PURIFYING ..... 50M | 75€

For a perfect balance, this decongestant, detoxifying and purifying treatment retributes the necessary balance to your skin by controlling oiliness.

### SPECIAL MAN ..... 50M | 75€

This treatment calms the irritations of the skin caused by the shaving. Moisturizes and minimizes signs of aging. The sequence of multi-dynamic facial massage increases circulation while massage of the scalp and feet relaxes deeply.



## MASSAGES

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### **ANTI-STRESS MASSAGE** ..... 50M | 80€

This massage aims at a deep relaxation of your body and mind. Specially designed for those who have a stressed life.

### **DEEP-TISSUE MASSAGE** ..... 30M | 45€ - 60M | 85€

Deep body massage to act on tense muscles, result of accumulated stress (physical and mental tiredness). Promotes rapid physical recovery.

### **FUTURE MOM MASSAGE** ..... 60M | 85€

Thinking of you and your baby, this massage has been designed with maximum safety and comfort to ease the discomforts felt in pregnancy. Using gentle maneuvers that reduce low back strain and anxiety (advisable after the first trimester and with some last-minute care depending on the condition of the pregnant woman).

### **LOCAL MASSAGE** ..... 30M | 45€

According to your needs choose the area of the body that needs special care:

- Back;
- Legs;
- Shoulders and head.

### **AROMATIC MASSAGE** ..... 50M | 80€

The individual choice of your essential oil in this massage will allow you to feel a relaxing or energizing effect. This massage stimulates all the senses and provides a unique aromatic journey to the soul.

### **PEDRO & INÊS MASSAGE** ..... 30M | 110€ - 60M | 145€

Both in the same room, each one with their therapist and side by side will experience a unique and relaxing experience with those you love the most.

### **LYMPHATIC DRAINAGE** ..... 60M | 80€

This specialized technique stimulates the lymphatic system to function at a faster pace, mobilizing the lymph to the lymph nodes, promoting the elimination of excess fluids and toxins from the body.

### **JUNIOR** ..... 30M | 45€

This massage is designed for young people aged 4 to 16. It increases physical well-being by promoting quieter nights (children must be accompanied by an adult).

### **PARENTS AND CHILDREN** ..... 30M | 90€

Thinking about a unique moment in family, this massage is the ideal to enjoy a moment of pure relaxation and well-being next to your child.



## ORIENTAL THERAPIES

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### **BAMBOO** ..... 75M | 95€

The differentiated sensations for each pair of bamboo reeds of different size and thickness, transmitted during the massage, release the muscular tensions, transporting it to an ancestral world.

### **REFLEXOLOGY** ..... 30M | 45€

This oriental technique uses pressure points on the reflex areas of the foot that correspond to various areas of the body. It balances the circulation of energy through the body and releases the accumulated tensions.

### **HOT STONE MASSAGE** ..... 75M | 95€

The energy and anti-stress rebalance transmitted through the energy of the heated stones and through the hands of the therapist, develops a perfect harmony between body and mind.

### **TUI NÁ** ..... 30 | 50€ - 60M | 95€

Based on Traditional Chinese Medicine this technique uses digital acupressure to stimulate Vital Energy (Qi). The body rediscovers its energy balance.

## BODY RITUALS BY ELEMIS

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### **EXFOLIATING** ..... 30M | 45€

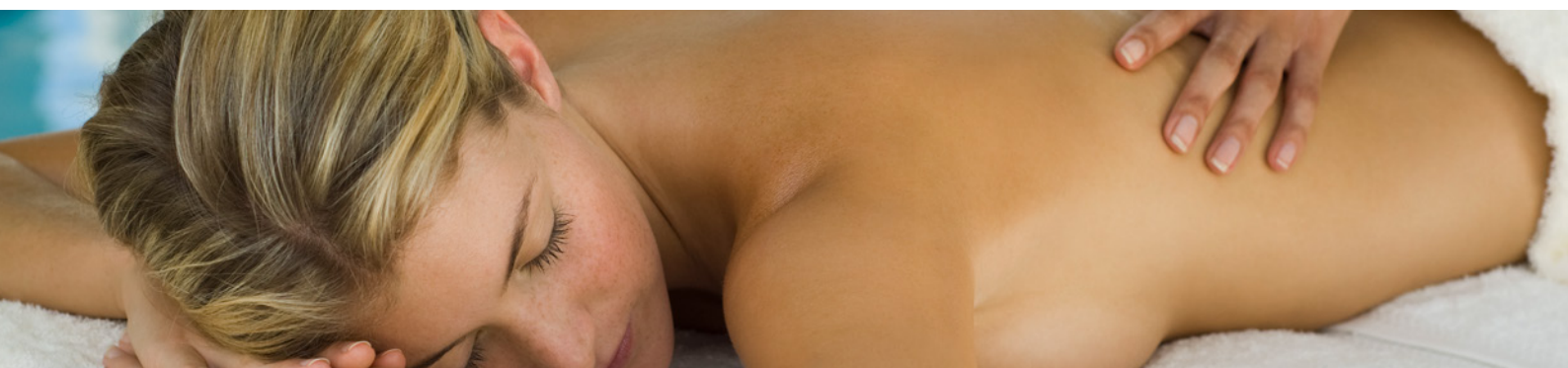
An exotic exfoliation ritual to invigorate and energize the body. After a gentle brushing, luxurious warm oils are delicately applied throughout the body. The skin is deeply moisturized with a shiny, velvety texture.

### **MOISTURIZER** ..... 50M | 75€

Exotic and aromatic Tahitian coconuts combined with the frangipani flowers result in the Monoi oil that protects the skin and gives splendor and vitality to your body.

### **DETOXIFYING** ..... 60M | 85€

The involvement of marine algae will detoxify and thin, promoting a more defined silhouette





To make your experience at the Bamboo Garden Spa unforgettable, we have prepared special half-day treatments programs that include a lunch at the **Pedro & Inês Restaurant** with Week's Menu.

## HALF DAY PROGRAMS AT THE SPA

### LOVE ..... 120M | 255€

Especially considering the couple, the Bamboo Garden Spa has prepared a unique moment where they will enjoy a Pedro and Inês massage followed by a face treatment appropriate to each type of skin.

### BRIDE ..... 180M | 215€

Because we want you to feel special on a unique day we have chosen something unforgettable for you:

- Anti-Stress Massage
- Face Ritual by Elemis - Comfort
- Body Ritual by Elemis - Moisturizer
- Manicure
- Pedicure

### INÊS DE CASTRO ..... 120M | 155€

Come feel pampered, refreshed and wanting to repeat! A luxurious ritual of hydration and nourishment for the body and face.

### DOM PEDRO ..... 90M | 145€

Stimulate all your senses and forget the stress of everyday life with an invigorating massage and a facial treatment. Ideal for the most demanding men.

### SPECIAL GROUPS ..... 65€ PER PERSON (minimum 4 people)

Enjoy a moment of relaxation with your friends on special occasions, birthdays, holidays, or work:

- Use of our Spa (indoor and outdoor pool, sauna, turkish bath and fitness gym)
- Visit to the gardens
- Massage of 30 minutes per person
- Lunch at the restaurant Pedro and Inês

## FINAL RITUALS

Manicure ..... 20€  
Pedicure ..... 40€

### EPILATION

Eyebrow ..... 15€  
Stem ..... 10€  
Underarms ..... 15€

Bikini Line ..... 20€  
Belly ..... 15€  
Arms ..... 25€  
Half leg ..... 25€  
Whole leg ..... 40€  
Back ..... 40€  
Chest ..... 30€



## IMPORTANT INFORMATIONS

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### OPENING HOURS:

Winter: from 10 am to 7 pm

Summer: from 9 am to 8 pm

We recall that late arrivals imply a reduction in treatment. If you have a delay, please contact us to re-schedule your treatments for another time by extension 255 or by phone number 239 802 380

### GET READY

To fully enjoy the services of the Bamboo Garden SPA, we invite you to arrive at the spa reception 15 minutes before the start of your appointment. Before the treatment we recommend the use of the showers to feel more relaxed.

Ladies: Ladies do not need any preparation. Just show up and enjoy.

Men: Men are advised to shave before facial treatment for maximum comfort and benefit of the skin.

### WHAT TO WEAR

It is not necessary to wear or wear specific clothes, since you have clothing for the Spa in your locker (bathrobe, slippers and towel). For treatments and body massages we have disposable and comfortable clothes.

### ENVIRONMENT

In order to maintain the harmony in the Spa we thank you to turn off your mobile phone and contribute to preserve the calm and desired environment.

### PRIVACY

Your privacy will always be respected. Your therapist will leave the room so that you can comfortably settle in complete privacy. During the treatment you will be covered with towels that protect all parts of the body that are not being treated

### MINIMUM AGE

Children under the age of 16 who are not accompanied by an adult are not allowed to stay in the Spa.

### CANCELLATION

We recommend that you arrive 15 minutes before the scheduled time for treatment. The cancellation of appointments with less than 24H of notice on the scheduled time will incur a payment of a 50% fee.

### SPECIAL CONDITIONS

Consult the Spa reception, where we have prepared specially for you special conditions and suggestions.

### SAUNA AND TURKISH BATH

The Sauna and the Turkish Bath should be used in moderation, recommending the use of bathing suit. Usage and time may vary according to the purpose of each person. We recommend using 15 minutes and it is advisable to take a shower before entering due to possible dehydration.

### VOUCHERS

Offer a gift to those you love the most. You can choose one or more of our services and customize your Voucher.