



## FINISHING TOUCHES

### SPA MANICURE - 60' | 45€

Complete hand and nail treatment. Exfoliation, application of mask, nourishing cream and hand massage.

Finalizes with the application of nail polish.

### SPA PEDICURE - 70'|75€

Foot and nail treatment with exfoliation, application of a regenerating mask and nourishing cream.

Finalizes with a foot massage and application of nail polish.

### EPILATION

Whole leg | 60€

Half leg | 40€

Bikini | 30€

Full bikini | 40€

Underarms | 20€

Frown lines | 10€

Eyebrows | 20€

Embark on a sensory journey that combines the aromas of Arrábida with the translucent blue of the sea on white sand, where plenitude reigns.

### SCHEDULES

Open Sunday to Friday from 10:00am to 7:00pm | Saturday from 10:00am to 8:00pm  
Subject to change according to seasonality

### RESERVATIONS

Phone number: +351 265 498 019  
E-mail: [spa@troiadesignhotel.com](mailto:spa@troiadesignhotel.com)  
In the hotel, please dial EXT. 48140



Awaken your senses

**BLUE & GREEN  
SPA**



## SIGNATURE TREATMENTS

MARINE - 80' | 140€  
Dive into the sea and remineralize body and mind. Body exfoliation, calcium and magnesium mineral wrapping, followed by a massage with joint decompression techniques, focused on the extremities.

LAVENDER - 80' | 140€  
Achieve deep relaxation with a lavender exfoliation, followed by a massage with draining techniques in perfect harmony.

SEA AND MOUNTAIN - 80' | 250€  
Perfect ritual for couples! Start with a romantic bath in the Vip Room for couples, followed by an ultra relaxing massage. End the experience with a special tea for both of you.

## ORIENTAL

AYURVEDIC MASSAGE - 80' | 125€  
Recover the energetic harmony of your organism through Ayurveda therapy. Massage techniques that combine vigorous movements with traction and stretching. Produces a feeling of lightness and tranquility.

SHIATSU - 70' | 110€  
Japonese therapeutic method that uses pressure on the Meridians, channels through which vital energy flow, promoting a state of energetic and physical balance.

TUI NA - 70' | 110€  
Therapeutic massage centered on the principles of Traditional Chinese Medicine especially effective for joint pain, muscle spasms, back pain, neck and shoulders.

REFLEXOLOGY - 25' or 50' | 70€ / 90€  
Therapeutic foot massage, works the reflex points of the organs of the human body on the sole of the foot with a delicate touch.

## MASSAGES

BLUE&GREEN RELAXATION MASSAGE - 25' or 50' | 70€/90€  
Relaxing massage that provides a sense of tranquility and well-being. It starts with a welcome ritual with hot flavored Oshiboris, followed by an ultra relaxing massage.

MASSAGE WITH AROMATHERAPY - 50' | 100€  
Enjoy the healing powers of the Serra da Arrábida aromas in a personalized massage with the essential oils chosen by you. The associated massage techniques promote harmony and balance.

THERAPEUTIC MASSAGE - 50' or 80' | 100€ / 125€  
Deep and invigorating massage that aims to tone the muscle tissues, acts at the level of muscle decompression and activates circulation.

HOT STONES MASSAGE - 80' | 125€  
Relaxation massage performed with volcanic stones heated to a pleasant body temperature. The heat from the hot stones aims to improve blood circulation and provides total stress relief and a deep balance between body and mind.

### HYDROTHERAPY

VICHY SHOWER - 25' | 65€  
Massage on the back of the body, accompanied by jets of warm water.

VICHY SHOWER WITH EXFOLIATION  
50' | 95€  
Start with a body exfoliation followed by a massage accompanied by jets of warm water.



## FACE CARE

FACIAL HYDRA-MINERAL - 70' | 100€  
Returns smoothness and brightness. The complexion glows, the skin recovers its hydration, nutrition and essential luminosity.

PURIFYING FACIAL - 55' | 85€  
Facial that mitigates skin imperfections, making it visibly clearer and the complexion regains its freshness.

MEN'S FACIAL - Oxygen booster - 70' | 100€  
High-tech treatment replenishes, tones and firms the skin.

OCEAN SECRET - 80' | 130€  
Unique face! It concentrates the technological know-how of THALION products, for an immediate result and a memorable sensorial experience. It starts with a manual lifting massage, which combines deep, relaxing and modeling gestures, promoting the natural architecture of the face.

COMPLETE YOUR FACIAL  
Skin cleansing and extraction 25' / 50€  
Special eye contour 25'/ 50€

## BODY CARE

DETOX - 80' | 140€  
Complete detoxifying ritual!  
It begins with an exfoliation with a concentrate of marine ingredients, followed by a wrapping and massage aimed at stimulating the degrading functions of the body.

SLIMMING PERLS - 40' | 75€  
Fast response treatment! The double action - exfoliating and slimming - favors the modeling of the silhouette.

FLAT BELLY - 40' | 75€  
Innovative treatment, fights localized fat and its causes, through: Relaxation of the organism; firming and slimming action.

3D CELLULITE - 50' | 95€  
Fights the 3 types of cellulite: Adipose - Fibrous - Watery. Personalized treatment with specific actives, proven results for a harmonious silhouette.

LYMPHATIC DRAINAGE - 50' | 100€  
Treatment that stimulates the acceleration of the rhythm of the lymphatic system, mobilizing the lymph to the lymph nodes, eliminating excess fluid and toxins.

WELLNESS RITUAL - design your treatment

Divine body scrub 25' / 60€  
Ocean ultra relax massage 50'/ 95€  
Ritual Exfoliation + Massage 80' / 140€