

Final Touch

SPA MANICURE 60' | 40€
Hand treatment with exfoliation and hydrating cream, includes hand massage. Ends with nailvarnishing if wished.

SPA PEDICURE 70' | 60€
Foot treatment, with exfoliation and hydrating cream, includes foot massage. Ends with nail varnishing if wished.

Hair Studio

WASH AND BLOW DRY (includes shampoo and cream)
SHORT HAIR 15€
MEDIUM HAIR 20€
LONG HAIR 30€ to 50€
HAIR ROLLERS 15€

HAIR CUT
MAINTENANCE 20€
TRANSFORMATION 25€
MEN'S 15€
MACHINE 10€

COLOURING from 60€
COLOURING SEMI-PERMANENT from 30€

SIMPLES HIGHLIGHTS 90€
TWO TONES HIGHLIGHTS 110€

PERM SHORT HAIR 60€
PERM LONG HAIR 90€

STRAIGHTENING 70€
STRAIT THERAPY 190€

HAIR SPA from 50€ to 120€

Embark on a trip
around the world
and experience a wide
range of treatments
that will bring you
balance, renovation
and intense relaxation.

SCHEDULE
Every day since 10 am untill 7 pm.
Subject to change depending on Seasonality.

RESERVATIONS
Phone: +351 289 320 733
email: spa@thelakesparesort.com
From the room: 43 140



AWAKE YOUR SENSES

Blue & Green Spa

Hydroterapy

VICHY SHOWER 20' | 50€
Beneficial water-jet massage combined with a local massage.

VICHY SHOWER WITH SEA SALTS EXFOLIATION 50' | 80€
Begin with a body exfoliation followed by a local manual massage with water-jet.

JET SHOWER 12' | 35€
A high impact hydro massage done with a jet. The heated seawater is sprayed by the hydro-therapist with a variable pressure at a distance of more or less 4 meters. Is indicated in cases of muscle tension, cellulite and circulatory deficiencies.

NUVOLA 30' | 35€
Relaxation treatment consisting of letting the body float, producing the incredible feeling of floating on the Dead Sea. The 30 minutes of treatment are equivalent to 7 hours of deep sleep. It also relieves sciatic pains and backache and reduces minor muscular pains.

Spa Programs

REVITALIZING RITUAL 165€
Personalized facial + Signature treatment.

THE SENSES 30min. | 90€ PRICE FOR COUPLE
Moment of relaxation for two inspired by oriental therapies. It begins with a ritual of feet with warm and aromatized Oshiboris, followed by a deep massage in the feet and backs relieving the sensation of fatigue and stress.

ANTI-STRESS PROGRAM 335€
Rebalancing body and mind.
2 Signature treatment +1 Oriental Therapy + 1 Skin facial cleasing.

SILHOUETTE PROGRAM 350€
2 Sliming express + 3 Specific body treatments

The promotional value of the programs is not cumulative with other offers or promotions, nor refunded. Price applied per program and per person.

Signature Treatments

EUROPE – LAVENDER&CITRINES 80'| 110€
Achieve the perfect balance through an Orange-Lavender-based exfoliation, ends with an ultra relaxing massage with Lavender Essential Oil.

AFRICA – HOT STONES 80'| 110€
Let yourself be carried away by the warmth and scent of distant lands of the African Continent and feel revitalized from head to toe. Relaxing massage performed with volcanic stones, provides a pleasant relaxing sensation and well-being.

ASIA - HIMALAYAS 80'| 110€
Begin an exotic journey with the energizing power of the Himalayan Salt warm linen bags, combined with a deep massage. Revitalize and produce total stress relief.

OCEANIA – COCONUT 80'| 110€
Enjoy this coconut tropical treat and indulge in a holiday on the islands of French Polynesia. The harmony of the techniques of draining massage provides a deep relaxation.

AMERICA – AMERICAN SECRETS 80'| 110€
Discover a revitalizing power in a rhythmic ritual. Begins with a foot bath followed by an ultra-invigorating massage.

Blue & Green Rituals

LA CULLA DI OLOS 105'| 150€
Let yourself in the warm embrace of steam in a unique ritual where the body and face find the perfect balance. With the final massage you will achieve absolute relaxation and regeneration of the senses.

YIN-YANG MOMENTS 85'| 250€
A perfect ritual for couples that begins with a romantic bath in the VIP suite and continues with a relaxing candle massage. The nourishing and relaxing properties of hot oil massage candle, provides a sense of comfort decreasing the signs of physical and mental fatigue. Finish your experience with a special tea for both.

Massages

BLUE&GREEN MASSAGE 25' ou 50' | 60€ / 80€
Relaxing massage that produces a feeling of tranquility and general wellbeing.

AROMATHERAPY MASSAGE 50'| 85€
Ultra soft massage with essential oils chosen by you, which produces a state of harmony.

SPORTS MASSAGE 50'| 90€
Deep and invigorating massage with a natural balm to decongest, which aims to tone the muscle tissue, acting at the level of muscle decompression.

Oriental Therapies

AYURVEDIC MASSAGE 75'| 98€
Deep massage technique that combines vigorous movements across the whole muscular mass with traction and stretching exercises. Produces a feeling of levity and tranquility.

THAI MASSAGE 75'| 98€
A vigorous whole-body massage carried out on the floor, which includes rhythmic movements, palm and thumb pressure on specific points of the body along the energy meridians, combining stretching movements and conscious use of breathing. Ideal for restoring energy and combating stress.

SHIATSU 75'| 98€
Japanese therapeutic method that uses pressure on the meridians in order to re-establish energy flow, producing a state of physical and energy equilibrium.

REIKI 50'| 85€
Japanese therapeutic technique based on channeling universal energy by means of the hands in order to re-establish the vital energy of the recipient.

REFLEXOLOGY 50'| 80€
Therapy based on the principle of the existence of reflex points in the feet that are connected to other organs of the body. The stimulation of the feet provides balance and wellbeing.



Face Care

BY ANNE SEMONIN L'EXPERIENCE ANNE SEMONIN 80'| 120€
Luxurious and deeply rejuvenating treatment, designed for you, with new generation products. It awakens the radiance of the face, neck and eye contour. It uses classic techniques and offers personalized corrective solutions.

FACIAL CLEANSING 80'| 110€
Complete detox, while smooth and intense, it combines a sea-weed peel off mask, steam, extraction and cleansing of high frequency for a magnificently clarifying result.

MEN'S SPECIAL 70'| 95€
A "made to measure" treatment, according to skin condition and skin type, with essential oils, trace elements and massage techniques exclusive to Anne Semonin.

PERSONALIZED FACIAL 55'| 90€
Let us assess your skin's needs and give it back the glow, hydration or balance that it needs.

MOTHER TO BE 70'| 95€
Facial treatment rejuvenating, with a foot and leg massage to help drain and deplete all the swelling and fatigue.

Body Care

SEA SALTS EXFOLIATION 40'| 65€
Exfoliating treatment that purifies and smoothes the skin, eliminating dead cells.

BY THALION SPECIFIC BODY TREATMENTS 70'| 95€
Personalized treatment with specific massage techniques for each need:

- Cellu contour
- Firming Perfection
- Sliming treatment

SLIMMING EXPRESS 40'
Marine dynamic treatment with modelling massage techniques, acts directly on the silhouette's redefinition.

- 2 sessions – 140€
- 3 sessions – 200€



Body&Face Care

DETOX RITUAL 80'| 140€
Detoxifying ritual that combines full body and face care. Fills the skin with ultra-concentrated actives to detoxify and oxygenate, providing instant visible results.

SUBLIMEc RITUAL 80'| 140€
Nourishing and regenerative ritual that combines body and face care. Returns the natural brightness of the skin, oxygenates and reduces fatigue traits. Ends with a face-gym-lift massage.

Specific Treatments

LYMPHATIC DRAINAGE 50'| 90€
Treatment with a soft, subtle massage technique that stimulates the lymphatic system to work at a faster rate, moving the lymph to the lymph glands and eliminating excess liquid and toxins.

SPECIAL BACK 50'| 80€
Marine exfoliation followed by application of marine mud. The analgesic and anti-inflammatory properties of marine mud promote muscle relaxation. Ends with a deep massage therapy with the highest incidence in the neck and shoulders.

SPECIAL LEGS 50'| 80€
Combination of exfoliation, draining massage and gel mask, promote microcirculation and combat the sensation of heavy legs. Decongests and revitalizes.

MOTHER TO BE MASSAGE 70'| 95€
Specialized treatment for all pregnant women. Enjoy a body and face massage, with special attention to the lower back and legs reaching a perfect balance and wellbeing.