

SPA TREATMENTS MENU

RitualSPA Estoril



Relax and unwind...

Blending in with the peacefulness and freshness of the Atlantic Ocean, the RitualSPA Estoril, located at the InterContinental® Estoril is a safe haven where each treatment is an invitation to relax, revive and rejuvenate.

Located in the hotel's second floor, the RitualSPA offers a private and luxurious atmosphere with a modern touch. The SPA has 4 treatment rooms, an indoor pool, sauna, steam bath and ice cascade. The SPA uses cosmetics from Elemis, the acclaimed British brand and leader in the most prestigious SPA circuits.

Surround yourself in this atmosphere of absolute tranquility, comfort and elegance, which was carefully designed to offer your body and mind the experience of a premium class SPA.



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MASSAGES

Authentic Portuguese Massage

50/80min - 85€/125€

Homage to the Portuguese navigators. Genuine massage with pindas of mineral salt, olive oil and spices. Relax and unwind.

Elemis Deep Tissue Muscle Massage

50/80min - 85€/125€

Deep massage with therapeutic effects. Reduces muscle contraction and built up tension, promoting muscle relaxation.

Elemis Aroma Stone Therapy

75min - 110€

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

Aromatherapy Massage

50/80min - 80€/115€

Choose one of four essential oils and experience their effects: Relaxing, Energizing, Balancing or Calming.

Bamboo Tonifying Massage

50/80min - 80€/115€

Combines several massage techniques with bamboo stems to eliminate muscle contractures, redefine the silhouette or reduce body volume.

Localized Massage

25/40 min - 45€/65€

Ideal for tired backs or legs. This treatment can have a therapeutic or relaxing effect.

Children Massage (until 12 years)

15/30min - 15€/30€

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

Oriental Therapies

We have oriental therapies such as Shiatsu, Ayurveda and Abhyanga massage. Please contact the SPA front desk to confirm availability.





FACE TREATMENTS

Elemis Advanced Facials

Elemis Pro-Intense Lift Effect Facial 50min - 95€

Combines powerful techniques with a lifting effect for firming and reshaping the jaw line, cheeks, chin and neck.

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.*

Elemis Pro-Collagen Quartz Lift Facial 70min - 105€

Advanced treatment that protects the skin from the aging process. Reduces the wrinkles and restructures the eye contour. Increases hydration.

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.*

Elemis Tri-Enzyme Resurfacing Facial 60min - 95€

Innovating global anti-age treatment based in encapsulated enzymes with a regenerating action for a glowing skin. Uneven skin tone and acne scarring.

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.

Skin Specific Facials

Elemis White Brightening Facial 60min - 95 €

Facial treatment that reduces age spots and imperfections. Leaves your skin with a natural and luminous look. Ideal for different skin types.

100% of clients agreed their skin was visibly more luminous. **96%** of clients agreed their skin was visibly brighter, more even and youthful.*

Deep Facial by RitualSPA 90min - 105€

Treatment with peeling, steam, steam/ozone, deep extraction of impurities and face mask application.

Elemis Skin Specific Facials 30/55min - 45€/75€

We have Skin Specific Facial treatments available for each skin type. These treatments rebalance, decongest and repair the daily damages caused to your skin.

ELEMIS BIOTEC

Fusion of touch and technology

Face treatments with the BIOTEC technology. Effective, immediate and visible results for renewing of your skin.

Check the BIOTEC brochure and find out about the latest Elemis innovation in face treatments.





SPA PROGRAMMES

Elemis Face and Body Sensation

75min - 135€

Multisensory experience with anti-stress massage and anti-age face treatment that diminishes the wrinkles and reduces the signs of fatigue.

Elemis Absolute Spa Ritual

120min - 155€

A complete ritual for global and deep well being combining an Elemis face treatment with a deep tissue massage.

SPA Circuit*

120min - 35€

For a complete experience of relaxation and well being, before or after the treatment. Access to the inside pool, sauna, steam bath and ice cascade.

Elemis Mother-to-be Treatments

Check the Elemis special brochure for pregnant women and find out about the treatments and products available for the future moms.

Hen Parties and Birthday Programmes

We have special (custom made) programmes for hen parties and birthdays.

SPA Corporate Programmes

For more information about the corporate programmes, please contact the SPA front desk.

*The access to the SPA Circuit is free for the guests staying at the hotel InterContinental® Estoril.

A grayscale photograph of a man lying on his stomach on a massage table, receiving a back massage. The therapist's hands are visible on the man's back. The background is softly blurred, showing what appears to be a spa or treatment room.

COMPLETE YOUR RITUAL

Body Peeling
20min - 20€/pax

Body Wrap
40min - 40€/pax

The complementing treatments are applied only when combined with Massages or SPA Programmes, they can not be acquired separately.



BODY TREATMENTS

Elemis Body Sculpting Cellulite and Colon Therapy 60min - 85€

Redefine your silhouette, reduce cellulite and detoxify your body with a fast action treatment with visible results.

Elemis Cellutox Aroma Spa Ocean Wrap 75min - 95€

Treatment with juniper and lemon essential oils that detoxifies the body, and diminishes cellulite and reduces water retention.

Elemis Musclease Aroma Spa Ocean Wrap 75min - 95€

A heated mix of essential oils with rosemary and pine that reduces pain and muscle spasms, rheumatism, arthritis and fatigue.

Elemis Exotic Coconut Rub and Milk Ritual Wrap 50min - 85€

A luxurious ritual of Balinese origin with nourishing and relaxing effects. Includes a face Thai massage and a relaxing scalp massage.

Elemis Exotic Lime and Ginger Salt Scrub 30min - 45€

Invigorating salt exfoliation followed by hot oils delicately applied to the body. Your skin will be clear and velvety.

Atlantic Soul Exfoliation by RitualSPA 30min - 45€

Treatment inspired in the richness of the ocean. One deep exfoliation with marine salt and seaweed for a remineralized and clean skin.

Intensive Body Treatments

Arosha Dynamic Concept

60 min - 90€

Innovating concept that guarantees effective results for the aesthetic alterations of the body. Combines high concentration cosmetics with manual techniques and advanced appliances.

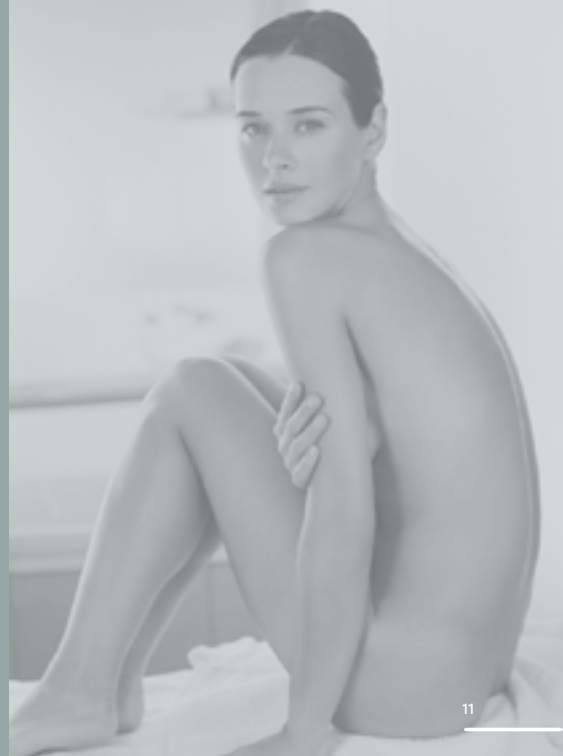
Medicine and Plastic Surgery Services

in partnership with Corporación Dermoestética

A sector leader, Corporación Dermoestética has over 35 years of experience and 500 thousand satisfied patients in the services of Obesity, Medicine and Plastic Surgery.

Beauty Treatments Programmes

Ask us about our beauty treatments for fighting cellulite, reducing volume and flabby skin.







SPECIFIC FOR MEN

Elemis Skin IQ + Facial

30/55min - 45€/85€

Face treatment that fights the ageing effects, for tired, dehydrated, fatigued or stressed skin from daily pollution and shaving.

Back Therapy by RitualSPA

30/45min - 45€/65€

Localized treatment for pain and muscle injuries relief that combines therapeutic massage with thermotherapy.

Elemis Total Time Out for Men

120min - 145€

Relaxing and cleansing ritual for body and face that offers a global well being with a balancing effect.

Elemis Cosmetics for Men

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





BASIC SERVICES

Classic Manicure	45min	25 €
Classic Pedicure	55min	40 €
Deep Pedicure	75min	65 €
Nail Polish Application	15min	12 €
Gel Polish Application	40min	30 €
Gel Polish Removal	25min	15 €

Elemis

Pro-radiance Hand & Nail Treatment	30min	35 €
Take care of your hands with an anti-age treatment.		
Sole Delight Foot Treatment	30min	35 €
Nourishing and moisturising treatment for your feet.		



Waxing Price per área

S Area Lip fuzz, chin, eyebrows or complementary areas	15min	10 €
M Area Armpits, Alba line, bikini line, abdomen, chest, shoulders, feet or hands	20min	18 €
L Area Half leg, thighs, back (dorsal or lumbar)	30min	25 €
XL Area Full leg or full back	40min	35 €

Photoepilation with Diode Laser

A safe and efficient technique for permanent hair removal in six sessions.

For more information about the treatment and current prices, please contact the SPA front desk.

Eyebrows and others

Eyelashes Epilation (maintenance of the existing line)	10min	10 €
Definition of the Eyebrow Line	20min	18 €
Permanent Coloration of the Eyebrows	20min	35 €
Permanent Coloration of the Eyelashes	30min	40€
Eyelashes Permanent	45min	40€
Make up	60min	75 €





Elemis

PRO-COLLAGEN
MARINE CREAM

ANTI-AGEING



Elemis

PRO-COLLAGEN
MARINE CREAM
ULTRA-RICH

ANTI-AGEING



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 footprint 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 - We recommend that you don't bring any valuables such as jewels or electronic gadgets. RitualSPA Estoril is not liable for eventual losses or thefts.



Lisboa . Cascais . Estoril . Torres Vedras . Quinta do Lago



RitualSPA Estoril located at InterContinental® Estoril
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Open from Monday to Saturday from 10h00 to 20h00 and at Sundays from 10h00 to 18h00



www.ritualspa.pt