



SPA SUITE

BY

elemental
herbology

All treatments in the Spa Suite of AlmaLusa Comporta are created and performed with products from Elemental Herbology, a British brand of all-natural skin and body care, based on the Five Elements of Traditional Chinese Medicine. By choosing these products, our Spa Suite aims to create an experience of unique treatments, with innovative products focused on promoting the well-being of a healthy lifestyle.

The innovative formulas counteract the adverse effects of skin aging, resulting from today's lifestyle and the environment, with immediate and long-lasting results. We believe in ethically sustainable skincare, committed to reducing waste, sourcing products responsibly and respecting the world we live in.

OPENING HOURS

10am -8.00pm
(subject to changes)

BOOKINGS

All treatments require prior booking. Please go to Reception or contact us on **+351 265 098 600** or fo.cp@almalusahotels.com.

CANCELLATION POLICY

If you wish to modify or cancel your booking, you must do so at least 24 hours in advance.



TREATMENTS

FACIALS

FIVE ELEMENT EXPRESS FACIAL 25 minutes | 60€

Designed to achieve maximum results in minimum time. Skin is thoroughly cleansed and exfoliated, before a therapeutic mask is applied to rebalance any skin concerns while you enjoy a soothing foot and leg massage. You will leave feeling recharged and with a glowing complexion.

FIVE ELEMENT AROMA FACIAL 50 minutes | 100€

Every step of this bespoke facial will be customised to your skin concerns. The Five Element Face & Body Profile will reveal your dominant element, allowing the therapist to tailor our products to your specific needs. Skin is deeply cleansed and exfoliated then treated to a therapeutic face, neck and décolleté massage to melt away any upper body tension. While a mask gets to work balancing your skin concerns, your feet and legs are treated to a relaxing massage, before a final blend of nourishing botanicals is massaged into the skin, leaving you with a beautiful, healthy glow.

METAL LONGEVITY FACIAL 80 minutes | 120€

This intensive facial treatment combines the high-tech plant ingredients of the Metal product range with targeted massage and warm rose quartz rollers to address the signs of physiological skin ageing such as fine lines, deeper wrinkles, loss of elasticity and lack of radiance. Facial acupressure will encourage a release of tension in the facial muscles, while a rich, nourishing mask will leave the skin looking plumped and rejuvenated.



MASSAGES

FIVE ELEMENT AROMA MASSAGE 50 or 80 minutes | 90€ or 110€

This treatment combines the use of therapeutic essential oils with warm steam towels, heated stones and a skilful blend of eastern and western massage techniques to deliver the ultimate massage experience. The Five Element Face & Body Profile will reveal your dominant element, allowing the therapist to select the most beneficial oil blend for you, ensuring a truly bespoke treatment.

For a truly effective treatment, book the longer treatment with additional products and ancient techniques adjusted to your needs.

HO-LEAF AND ROSEMARY MUSCLE MELT..... 50 or 80 minutes | 90€ or 110€

Combining the stimulating essential oils of ho leaf, lemongrass, nutmeg and rosemary with deep massage, this targeted treatment will help to unravel tension in sore, tight muscles and will encourage post-workout muscle recovery. Incorporating hot stones and a warm steam towel to the back, this treatment is highly recommended for anyone suffering from chronic stress or deep-seated tension.

PRE-NATAL WELLBEING MASSAGE 50 minutes | 110€

A massage developed specifically to address the body's needs during pregnancy, this treatment is the perfect remedy to ease any pregnancy-related aches and pains, help reduce fluid retention and promote a state of calm and relaxation. The Pre-Natal Wellbeing massage is a must for any mother-to-be after their first trimester.

FIVE ELEMENT BACK, SCALP AND FEET RETREAT 75 minutes | 125€

Melt away tension and soothe the mind with this targeted treatment, focusing on three key areas that need it the most. A personalised back, neck and shoulder massage using aromatherapy oils, heated stones and warm steam towels is followed by an acupuncture scalp massage, a warm hair wrap and a restorative foot and leg massage, leaving you feeling both relaxed and rejuvenated.



BODY

***BESPOKE FIVE ELEMENT BODY SCRUB* 40 minutes | 65€**

Reveal silky soft skin with this aromatherapy exfoliation experience. Himalayan mineral salts are blended with your chosen Five Element Oil to buff away dry skin cells and an application of aromatic hydrating body cream deeply nourishes the skin.

***ROSE HYDRATOR BODY WRAP* 50 minutes | 100€**

Hydrate and soothe parched skin with this warming and nourishing treatment for the body. A gentle salt and oil exfoliation removes dead skin cells before the body is enveloped in a rich rose and neroli cream body mask. An acupressure scalp massage helps to reduce any deep-seated tension in the head, while a full body application of soothing oil locks in moisture.

***ALMALUSA COMPORTA MASSAGE* 80 minutes | 145€**

Enjoy the powerful exfoliating and skin conditioning benefits of locally sourced salt and olive oil throughout this unique full body spa experience, exclusive to AlmaLusa Spa. Warmed olive oil is combined with mineral-rich salt to buff away dry skin cells, and after a refreshing shower, let your body and mind unwind with a blissful combination of heated stones, warm steam towels and an olive oil massage to the back, legs, feet, neck and shoulders.

