



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

10 am - 8 pm
(subject to change)

BOOKINGS

All treatments require prior appointment.

Please go to the Reception or contact us on **+351 265 098 600** or fo.cp@almalusahotels.com

CANCELLATION POLICY

We request that you notify us of the cancellation at least 24 hours before the appointment time. Cancellations made within less than 24 hours will cost 50% of the treatment. No-shows or cancellations 12 hours or less in advance will be charged in full.



TREATMENTS

FACIAL

FIVE ELEMENT EXPRESS FACIAL 25 minutes | 50€

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 | 90€

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 (RELAX) 50 minutes | 90€

FIVE-ELEMENT AROMA MASSAGE80 minutes | 115€

FIVE-ELEMENT AROMA MASSAGE (LOCALIZED).....25 minutes | 50 €

Treatment that combines the use of therapeutic essential oils with warm towels, heated stones and ancestral Eastern and Western massage techniques to provide an ultimate massage experience. The Five Elements of Face and Body Profile will reveal your dominant element, allowing the therapist to select the most suitable combination of oils, ensuring a truly personalized treatment.

For a truly effective treatment, choose the longer version with ancient techniques and application of specific products adapted to your needs.

ROSEMARY AND CAMPHOR MUSCLE MASSAGE (SPORT) 50 minutes /100€

ROSEMARY AND CAMPHOR MUSCLE MASSAGE 80 minutes /125€

ROSEMARY AND CAMPHOR MUSCLE MASSAGE (LOCALIZED)..... 25 minutes /55€

Combining camphor, lemongrass, nutmeg and rosemary essential oils with a deep tissue massage, this treatment helps to release tension in sore and tense muscles, encouraging post-workout muscle recovery. It also uses hot stones and a steam towel on its back, and therefore highly recommended for those who suffer from chronic stress or deep tension.



PRENATAL WELLNESS MASSAGE 50 minutes | 100€

Massage developed specifically to respond to the needs of the body during pregnancy, being the perfect solution to relieve pain and discomfort. It helps reduce fluid retention and promote a state of calm and relaxation. Mandatory treatment for any mother-to-be after the first trimester.

HEAD, BACK AND FOOT MASSAGE 75 minutes | 115€

This treatment is designed to eliminate tension and calm the mind in the areas that accumulate the most stress: personalized massage on the back, neck and shoulders, using aromatherapy oils, heated stones and steam towels. This is followed by an acupuncture massage on the scalp and warm hair wrap, and finally a restorative massage on the feet and legs, leaving you feeling relaxed and rejuvenated.

BODY

FIVE-ELEMENT BODY SCRUB 40 minutes | 60€

Achieve silky smooth skin with this aromatherapy scrub. Himalayan mineral salts are mixed with the oil of your chosen element, eliminating dead skin cells. It ends with the application of moisturizing body cream that will deeply nourish your body.

DETOX MODELING MASSAGE.....50 minutes | 110€

Try a vigorous massage to shape your silhouette. A synergy of essential oils with rosemary, juniper berry and grapefruit help to drain toxins while your metabolism is accelerated. Finally, the lymphatic drainage movements to the legs complement this detox moment.



ROSE & NEROLI BODY HYDRATION..... 50 minutes | 75€

Nourishing treatment to hydrate and soothe the skin. Light exfoliation with salt and essential oil to remove dead cells, which is then followed by the application of a body mask rich in rose cream and neroli. While the mask works, an acupressure massage is done on the scalp to reduce tension. In the end, the application of soothing oil replenishes the necessary hydration.

DETOX BODY WRAP 80 minutes | 145€

To reduce fluid retention, invigorate circulation and flush out toxins, we apply a warm purifying kaolin clay infused with rosemary, grapefruit and juniper berries before wrapping the body. While the natural botanical ingredients are activated, we massage the scalp and feet to release any tension. After showering, we perform a detoxifying massage followed by an application of a serum that stimulates circulation in your body, leaving you warm, purified and refreshed.

ALMALUSA'S SIGNATURE

PURE ALMALUSA 80 minutes | 145€

Comporta's salt and olive oil have unique properties and are combined for the ultimate exfoliation. Heated olive oil is applied with salt, which is rich in minerals, to eliminate dead cells. After a refreshing shower, indulge your body and mind to a combination of heated stones, steam towels and a massage with local olive oil, on the neck, shoulders, back, legs and feet.

ESCAPING TOGETHER 50 minutes | 175€

Heated towels and hot stones start this program for two people. Slow and relaxing body massage with Lavender, Ylang Ylang and Rose oil will soothe your senses. Finish this special moment with a facial massage and acupressure on the head, ideal for eliminating any remaining tension.



DACING STONE..... 50 minutes | 100€

Hot basalt stones run in harmony through your body: back, legs, arms, face and head, nothing is forgotten. The special energy of volcanic stones is invigorating and its effects immediate. The synergy of Elemental's Harmony Oil with mandarin, cedar and lime, balances your mood, calming your mind.

COMPORTA RELAX (Half Day Spa Program with Light Lunch) 150 minutes | 250€

The ideal Spa program, which combines a personalized Body Scrub with salt and essential oils, is followed by the 50-minute Five Element Scent Relaxing Massage, with towels and hot stones, and to finish a Five Scent Facial fully adapted to your skin's needs at the moment. You can intersperse the Comporta Relax Spa program with a tea or flavored water and a light lunch in our cafeteria.

ORIENTAL THERAPIES

SPECIAL FOOT RITUAL AND REFLEXOLOGY 25 minutes | 55€

An aromatic hot bath and exfoliation with salt and essential oils of sweet orange, rosemary and basil start this moment of foot care. Then, the precise touch of foot reflexology relieves accumulated tension, balancing the entire body.

ORIENTAL HEAD MASSAGE..... 25 minutes | 50€

Relaxation massage for shoulders, neck and head that focuses on energetic acupressure points, ideal for reducing anxiety, muscle tension and promoting a peaceful sleep. The synergy of Elemental oils such as Lavender, Ylang Ylang and Rose will enhance the overall relaxation effects.



THAI MASSAGE..... 50 minutes | 95€

Performed on a tatami mat and without oil, traditional Thai massage is an ancestral healing therapy with precise pressures and dynamic stretches. Very vigorous, this massage allows you to activate all the joints and main muscle groups, thus increasing the vital energy of those who experience it.

THAI QUI FLOW (HERBAL PINDAS)..... 80 minutes | 150€

A sensory journey to Thailand through the warmth and aroma of this energetic rebalancing massage performed with herbal pindas (thyme, ginger, turmeric, citronella and exotic spices) that run through the body in rhythmic movement. Leg and foot stretching are also part of this experience, as well as a massage and facial hydration with Elemental's special soothe oil.

