



CONRAD® SPA
ALGARVE



BECOME AN EVEN BETTER YOU



CONRAD® SPA
ALGARVE

Imagine a spa that feels like it was made for you. With warmth and familiarity, surprising intuitiveness and a refreshing approach. Where innovative services and efficiency seamlessly come together to return you to your optimum state of wellbeing, whether you stay the whole day or half an hour. Not only through treatments, but an atmosphere that transports you into an organically designed, locally inspired haven of harmony and lightness. Combining state-of-the-art treatments and techniques from the world's most exotic destinations into a restorative and rejuvenating journey. A journey to becoming an even better you.

THE JOURNEY STARTS WITH YOU

ESSENTIALLY YOU. A collection of treatments that respect your time and rejuvenate your mind and body. With technologically-advanced elements to effectively and efficiently return you to a beautifully balanced state of being, in sixty minutes or less.

PERFECTLY YOU. When you have time to take wellbeing to another level. A journey that leaves every inch feeling reborn. Where time, technology and organic treatments are expertly combined to elevate you to a state of absolute perfection.

BEYOND PERFECTION. Innovative treatments tailored to meet your every need, whether added to another treatment or experienced on their own. You'll feel totally relaxed – from head to toe.

EXPECTING YOU. Pregnancy requires a special touch and these treatments provide it. Expertly tailored to bring out the best in mothers-to-be.

CONRAD ALGARVE SIGNATURE TREATMENTS. Drawing on local techniques, culture and surroundings, these exclusive therapies are deeply relaxing and rejuvenating.

ESSENTIALLY YOU



ESSENTIALLY YOU

FACE

From balancing oily skin to smoothing fine lines and wrinkles, Essentially You facial therapies are tailored to efficiently meet your specific needs. With a thoughtful combination of exfoliation, moisturizing and advanced technologies, you are quickly returned to your naturally renewed self.

**THE CONRAD
SIGNATURE
ESSENTIAL
FACIAL**

30 min

This correcting and perfecting facial is a deeply cleansing treatment that exfoliates and refines the forehead, softens the eye contour and immediately plumps and moisturizes lips. Targets expression lines and increases skin firmness. Skin instantly looks smoother and firmer and you feel younger and refreshed.

**INTRACEUTICALS
RESTORE ME
FACIAL**

30 min

Get back to your beautiful self. Atoxelene Serum is designed specifically to refine the forehead, soften eye contour, plump and smooth the lips. The natural amino peptide, Argireline and Hibiscus Extract significantly targets expression lines and increases skin firmness. Skin looks noticeably smoother and you feel instantly younger.

**ULTIMATE CLARIFY
AND CLEANSE
FACIAL**

60 min

An intensive treatment that incorporates steaming, extraction and hot towel compresses, alongside facial massage and a freshwater mud mask, leaving you with deeply clean and fresh skin. You look positively radiant.

**THE CONRAD
SIGNATURE
AROMATHERAPY
FACIAL**

60 min

Recover the naturally vibrant you with this Conrad Spa signature experience. Utilizing all the benefits of aromatherapy to provide your skin with a hugely restorative time out. It refreshes and revives your skin with a purifying cleanse and exfoliation, a custom facial massage and vitamin infusion that leaves skin rejuvenated and ready to take on the world.

**RADIANT YOU
FACIAL**

60 min

Don't just glow, radiate. With an indulgent treatment that helps regulate problem skin, leaving the complexion instantly and noticeably brighter. Prepare to get noticed.

With back massage:

90 min



ESSENTIALLY YOU

BODY

Let us take you on an individualized journey of healing, rejuvenation and relaxation. Through targeted massage, invigorating scrubs and warming wraps, Essentially You therapies work quickly to bring your entire body back to a balanced and beautiful state of well-being.

ESSENTIAL OXYGEN THERAPY

15 min

Feel amazing in minutes. Maintaining proper oxygen levels in the body is a vital ingredient for health, vitality, physical stamina and endurance. Oxygen therapy is said to be one of the most powerful and efficient methods of detoxifying the body and cleansing the blood. Essential for jet lag, mental clarity, hangover, sinus pressure, endurance and overall wellbeing.

ESSENTIAL AROMATHERAPY EXPERIENCE

60 or 90 min

This balancing treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aromatherapy smell test to allow you to choose the oil most suitable for you. There are twelve signature oils to choose from, formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind.

DEEP MUSCLE RELIEF

60 min

An intensive massage that works deep into stiff, tight, taxed muscles, to instantly release pain and relieve tension. Leave your aches and pains at the hotel.

IMMUNE REINFORCEMENT

60 min

Get your immune system ready for the world. This cleansing, clearing and congestion-fighting upper body treatment helps clear the mind and supports wellbeing.



ESSENTIALLY YOU

BODY

DETOX AND REVIVE

60 min

This treatment is perfect for times of over-indulgence, or when you're just feeling a little sluggish. We combine zesty citrus oils to leave you feeling invigorated and full of energy.

BRILLIANT ROSE HYDRATOR

60 min

This intensely hydrating treatment includes the layering of rich rose serum, oil and cream, leaving your body radiant, soft and smooth and your spirits bright and uplifted.

MIRACLE BODY REFINEMENT

60 min

A toning and slimming treatment designed to refine the contours of your body, eliminate excess fluids, and return a smoother, sleeker you.

SUNKISSED SKIN SAVER

60 min

Powerfully soothing and re-hydrating for over exposed skin, this treatment leaves the body nourished and cooled. Love your skin.

PERFECTLY YOU



PERFECTLY YOU

FACE

Experience a thoroughly relaxing and rejuvenating journey to the next level of well-being. Perfectly You facials combine the latest technologies, expertly applied techniques and essential elements like oxygen, organic plant extracts and antioxidants into a treatment that brings out your absolute best.

THE CONRAD SIGNATURE BRILLIANT ROSE FACIAL

90 min

It starts with a rose oxygen treatment. Then, using a combination from Aromatherapy Associates and Intraceuticals, a noticeable renewal begins. With exfoliation to erase fine lines and wrinkles. Hydrating facial mask to sooth and protect. Massage to relax and stimulate cell growth. Plus an infusion of essential vitamins, antioxidants and peptides to further diminish signs of aging and turn your radiance on high.

INTRACEUTICALS TIMELESS TRAVELER

90 min

A quenching treatment that deeply infuses vitamins and anti-oxidants into the skin, resulting in instant hydration, improved firmness and a noticeable lift. Atoxelene Treatment, a natural amino peptide complex proven to diminish the appearance of fine lines and reduce deeper wrinkles is then applied. Forehead is smoother, eye contour softer and lips plump and smooth. It's a difference you'll notice.

PERFECTLY YOU FACIAL

90 min

This facial is designed for you and only you. Upon arrival, your individual skin needs are assessed. A combination of pure essential oils and plant extracts are then applied with specifically designed massage techniques, to revive and recondition the skin, leaving your complexion smooth and luminous. And you perfectly restored.

PERFECTLY AGELESS FACIAL

80 min

An intensive treatment for more mature skin, including a unique dual layering of intensive masks, with targeted lifting, plumping and firming massage. This treatment delivers instantly visible results. It's you, only younger.

BRILLIANT ROSE DUO FACIAL

60 min

Luxurious rose oils help condition and deeply nourish the skin. The result is a smooth, radiant complexion and a relaxed state of mind filled with nothing but peace and petals.

With back massage:

90 min



PERFECTLY YOU

BODY

Indulge us with the opportunity to show you how extraordinary you can feel. Perfectly You therapies are tailored to meet your every need. Relaxation, rejuvenation and total restoration are achieved through a mix of massage, aromatherapy, stretching and skin exfoliation that leave you feeling, well, perfect.

THE CONRAD
SIGNATURE
RADIANT BODY

120 min

Relax as we sooth tight, aching muscles and calm your mind. Your journey begins with an uplifting treatment of frankincense and gentle stretches. Followed by your choice of chamomile, petit grain or rosemary to calm and cleanse your thoughts, ginger and black pepper to relax muscles. Then Swedish and cross fiber massage techniques are applied, followed by an invigorating Ayurvedic scalp, neck and shoulder massage to remove stress, restore wellbeing and reveal your inner radiance.

THE CONRAD
SIGNATURE
TRANQUIL BODY

120 min

A higher state of relaxation awaits. Starting with a scrub to release critical reflex points on the hands and feet. Then craniosacral massage is carefully applied to balance the nervous system and ease the mind, followed by reflexology to release healing energy deep within the body. This totally relaxing treatment also utilizes rich, earthy oils like vetivert, chamomile and sandalwood, renowned for their calming and grounding effects. The perfect remedy for your jet-setting life.

THE CONRAD
SIGNATURE FULL-
BODY REFRESHMENT

120 min

This detoxifying treatment is perfect for those feeling the weight of a busy, global life. Refreshing essences of pink grapefruit, green rosemary and juniper berry are applied to promote mental clarity and remove toxins. Exfoliation refines and opens the pores. Then, massage pinpoints the colon, digestive, circulatory and lymphatic systems to promote total wellbeing. Followed by foot reflexology to release any remaining tension. Take a deep breath and say ahhh.

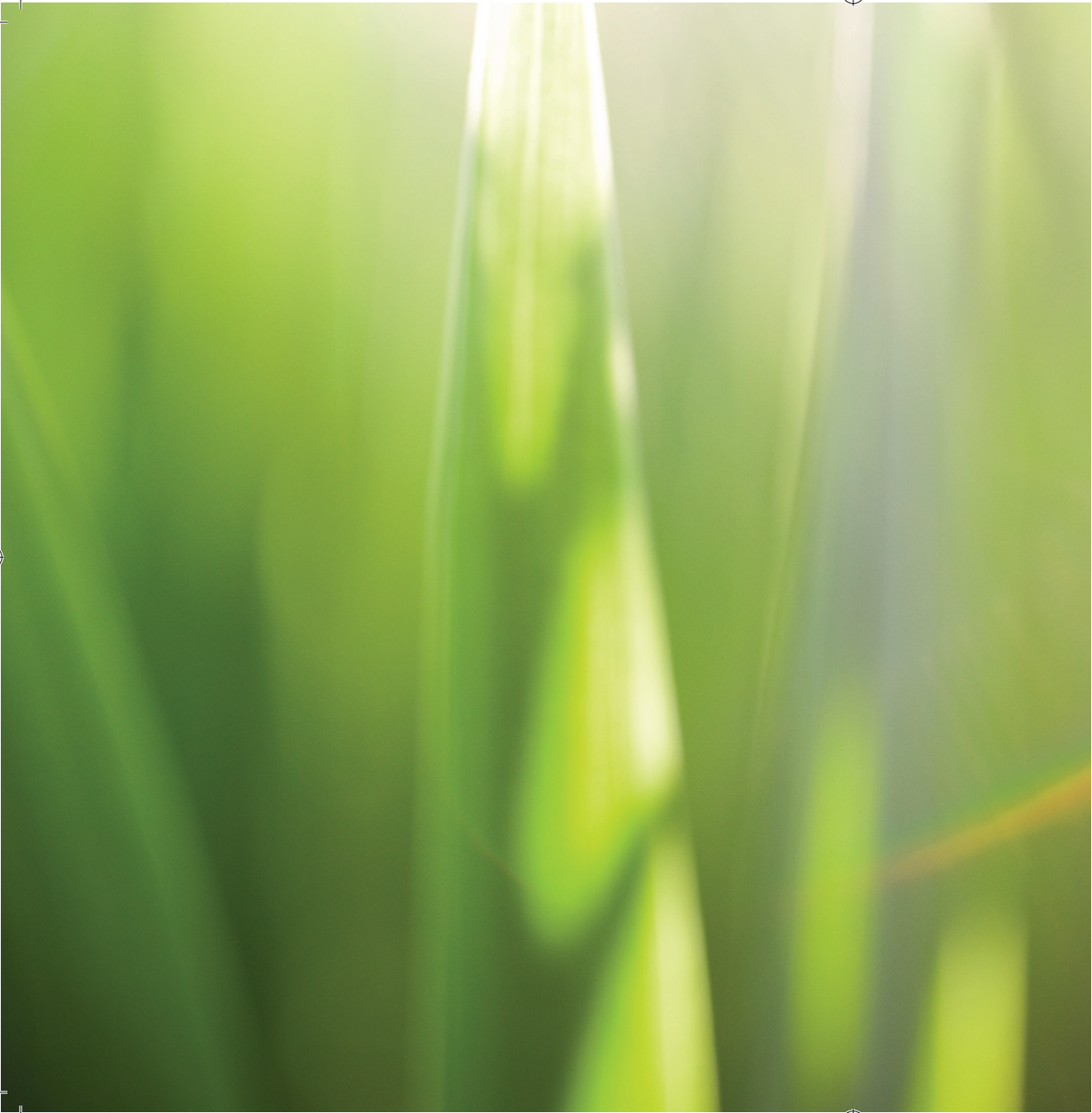
INTRACEUTICALS
OXYGEN WASH

60 min

Your skin will breath again. The restorative powers of pure oxygen are central to this innovative treatment. Pure oxygen is washed over the skin's surface - cooling and calming while restoring skin's natural vitality and glow.

With rejuvenation:
This skin quenching treatment deeply infuses a cocktail of vitamins and anti-oxidants into the skin resulting in instant hydration, improved firmness and a noticeably radiant you.

With brightening:
Rediscover your natural luminosity with a blend of botanical skin brighteners that safely treat uneven skin tone and reveal your beautiful glow.



PERFECTLY YOU

BODY

PERFECTLY MOISTURIZED

90 min

A deep-down treatment for dry, overly tired skin. Designed to leave the whole body intensely nourished and smooth. With a refreshing scrub, followed by the layering of hydrating marine algae and velvety moisturizing body butter.

PERFECTLY RESTED

120 min

No need to count sheep after this head-to-toe massage. Expertly applied massage targets pressure-points to induce a total state of relaxation, leaving you prepared for your sleep ever.

PERFECTLY CLEAR

120 min

Perfect for times of stress and over-activity, this treatment helps unwind the mind and so you can focus and be at your absolute best.

PERFECTLY HAPPY

120 min

For times when you need a little emotional pampering, this indulgent treatment helps to harmonize and rejuvenate your unique spirit.

BEYOND PERFECTION



BEYOND
PERFECTION

HEAD TO TOE

Pamper every last inch of you with therapies that can be enjoyed separately or paired with other treatments. Hands, feet, eyes, hair all get the attention they deserve.

AGELESS HANDS

30 min

A combination of surprisingly restorative essential oils are massaged into hands and arms for deep conditioning and smoothing. Turn back the hands of time.

REFRESHED HANDS

30 min

Refresh and support over-worked hands with this warming blend of essential oils expertly applied to invigorate and revive.

NOURISHING HAND RESCUE

30 min

A deeply necessary treatment for dry, hard-working hands. Skin is left feeling supple and velvety to the touch. And you are relaxed and rejuvenated.



BEYOND
PERFECTION

HEAD TO TOE

ROSE PETALS AT YOUR FEET

30 min

A combination of rose, geranium and lavender are massaged into dry, tired feet. Leaving them intensely nourished, smooth and pampered.

RELAX AND PUT UP YOUR FEET

30 min

Whether you've been working or dancing the night away, this treatment is designed to relieve aches and pains in lower legs and feet.

LIGHT LEGS MASSAGE

30 min

This specialized massage eases travel-weary legs and ankles, leaving you refreshed and energized.

POWERFUL FOOT NOURISHMENT

30 min

Feet and lower legs feel silky soft and deeply moisturized after a layering of rich body oil and cream. Rediscover a softer you.



BEYOND
PERFECTION

HEAD TO TOE

JET LAG CURE

90 min

Get back to being you after a long flight with a treatment designed to revive sluggish, tired muscles.

IN MY GLOWING SKIN

30 min

A relaxing full-body exfoliation and layering of richly nourishing products, to leave the skin looking radiant and feeling wonderfully smooth.

BRIGHT EYES INSTANT REPAIR

30 min

Targeted massage techniques help improve circulation and remove puffiness while natural plant extracts and oils work to leave the windows to your soul bright, refreshed and beautiful.

LUSCIOUS LOCKS HAIR TREATMENT

30 min

Feel the day drift away as richly scented essential oils are applied from root to tip, releasing tension, conditioning and soothing the scalp and leaving hair shiny and beautifully nourished.

BEAUTIFUL BACK

30 min

Designed for backs prone to blemishes and oil, this treatment restores balance, leaving skin smooth, glowing and flawless. And you revived and relaxed.

With back massage:

60 min



EXPECTING YOU

WELL-BEING

Now more than ever, you deserve to relax. To feel rejuvenated. To experience the kind of gentle care that can take you to a place of calm well-being. Focusing on the specific needs of mothers-to-be.

BRILLIANT ROSE MESSAGE FOR MOM-TO-BE

60 min

Reward yourself with a thoroughly relaxing and carefully applied massage. Stresses, strains, heavy legs and aching backs instantly feel better with this rose-scented treatment. Includes relaxing and rejuvenating craniosacral and facial massage so every part of you feels perfect.

BRILLIANT ROSE POST PREGNANCY PAMPERING

60 min

This deeply restorative treatment pampers every part of you. Exfoliation is followed by the layering of rose-scented products to immediately restore skin's glow and youthfulness. Because you deserve it.

We do not perform any massage treatments during the first trimester of pregnancy.



CONRAD ALGARVE
SIGNATURE
TREATMENTS

FACE & BODY

A collection of therapies that are uniquely inspired by local culture, expertise and breathtaking surroundings.

THE LUXURY OF
BEING YOURSELF
EXPERIENCE

3 hrs

Create your perfect experience by choosing any two hours from our Conrad Spa treatment menu. Beautifully complimented with a relaxing foot & rejuvenating hand treatment this experience ensures complete care and attention from head to toe. Nourish and revive with a spa cocktail and enjoy a selection of our signature Spa tapas dishes.

Includes full Spa access

PURE INDULGENCE
EXPERIENCE
FOR TWO

3 hrs

An experience to share: Begins with a private *bathing ceremony* for two in our VIP Spa suite. Followed by a chilled glass of *champagne* and rejuvenating foot treatment, next enjoy a side by side aromatherapy massage and finally enjoy a candlelit dinner for two on our terrace.

Includes full Spa access

CONRAD FIRE AND
ICE – ALGARVE SEA
AND EARTH

2 hrs 15 min

This Signature Conrad Algarve experience combines natural elements and locally sourced ingredients from land and sea to create a perfectly balanced, complete and holistic experience.

Treatments include:

Aromatic foot bath and scrub
Full face and body exfoliation
Full body aroma massage
Warm earth mud pack
Specialized lymphatic facial massage

Includes full Spa access

Like you, The Conrad Spa is always evolving. Discovering new techniques, technologies and treatments.

Going to the ends of the earth to bring you the most impactful and empowering spa experience ever.

The kind of experience that stays with you, giving you ever more ways to be your absolute best.

THE JOURNEY NEVER ENDS

**NOTE: SLEEVE FOR PRICE CARD TO GO HERE -
SPECS TO COME**

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