

TIVOLI SPA

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An elegant, refined and timeless spa experience, grounded in holistic healing, using time-tested techniques. Balancing its sense of glamour, Tivoli Spa is innovative and inspiring, yet rooted in each destination's natural raw elements and products. Ever evolving to offer the latest and most unique experiences, it never strays far from the traditional meaning of healing. With a captivating sincerity and personalized approach, Tivoli Spa is inclusive and connective. In its presence, you relive, revive and transcend.

TIVOLI SPA TIVOLI CARVOEIRO

Inspired by the unique location of Tivoli Carvoeiro Hotel, the Tivoli Spa pays a true homage to the roots of the Algarve and its connection to the Atlantic Ocean. With signature treatments, face and body rituals that take local ingredients and take inspiration at the Ocean, your Tivoli Spa journey will be a blissful experience of rest and relaxation bursting with the essences of the Algarve.

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JOURNEYS

TIVOLI ATLANTIC JOURNEY

150 min

Feel the Ocean breeze and its benefits with this fantastic fully organic journey. Indulge into the deeply detoxifying powers of an organic seaweed scrub and body wrap and relax with the amazing aromas of the Atlantic Ocean in a full body massage and a detoxifying facial treatment.

TIVOLI ALGARVE EXPERIENCE

120 min

A beautiful foot cleansing ritual and a full body Algarve Orange scrub mark the beginning of this amazing Journey towards relaxation. A medley of local aromas will set the pace of a very relaxing massage, ending with a refreshing scalp & face stones massage.

TIVOLI OCEAN VIEW RITUAL

75 min

With the sounds of nature and the amazing views over the cliffs to the Atlantic Ocean, indulge into a full body aromatherapy massage and a signature Tivoli Spa Ritual that includes a foot scrub with massage and a refreshing scalp massage. Make this moment special and share it with someone close to you. Thai massage option available.

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/ BODY RELIEF



TIVOLI SPA SIGNATURE MESSAGE

60 / 90 min

A full body treatment connecting traditional holistic and mindfulness therapies, transporting the body to a place of calm and offering a profound sense of disconnect. An olfactory journey for the senses, raw elemental ingredients of ginger, citrus, neroli and lavender subtly combine to link body, mind and soul. A truly grounding body massage focuses on connecting the body to a serene state of balance.

RELAX MESSAGE

60 / 90 min

A fantastic full body massage with Swedish massage techniques that assist with the full body relaxation and relief muscle tension. Your body will feel rested and your mind at ease for a total pampering experience.

TENSION RELIEF MESSAGE

60 / 90 min

Ideal for those suffering from severe muscle tension, aches and pains, caused by excessive exercise or even lack of it. This deep tissue sports massage will focus on main concern areas and work on the deeper muscle knots.

TIVOLI SPA





/ BODY RELIEF



TRADITIONAL HOT STONES MASSAGE

60 / 90 min

Allow the deep, penetrating heat of volcanic basalt stones to melt the tension away. Heat to the muscles enhances relaxation, circulation and healing process of a therapeutic massage. This modality can combine energy work to help balance the body. Perfect for those wanting a super-deep tissue massage to help stubborn muscles release and relax.

THE REAL AROMATHERAPY EXPERIENCE

60 / 90 min

A great stress buster, aromatherapy massage is a sure-fire way to help you relax and unwind at the end of a long tiring day. Our Aromatherapy Massage is totally personalized towards what you wish to achieve with the treatment, either to help relieve stress and tension, stimulate body and mind, or assist with the body natural detoxification process.

MOTHER-TO-BE MASSAGE

60 min

A wonderful mother-to-be massage that will assist in reducing muscle tension and relaxing body and mind.

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BODY REFINE



ORGANIC SEAWEED SUGAR GLOW

45 min

A true medley of organic ingredients with seaweed and sugar, together the amazing and healing properties of lavender.

ORGANIC HYDRATING BODY SCRUB

45 min

Walnut shells, seaweed and ginger create this beautiful, gentle and yet effective body scrub that will leave your skin softer and silky smooth.

WARM MUD AND SPICES BODY WRAP

60 min

Handpicked seaweed from the Atlantic Ocean combined with the purifying elements of peat, create a mud wrap which has immediate results on the skin, including firming and toning. An amazing detoxifying treatment that also includes a body scrub and a refreshing scalp massage.

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BODY DETOX



LYMPHATIC MASSAGE

60 / 90 min

Excellent to stimulate the lymphatic circulation, this treatment uses light and rhythmic massage strokes to reduce cellulite and boost the immune system. Is perfect to eliminate toxins from the body and assist with fluid retention.

SEN THAI MASSAGE

60 / 90 min

This treatment is an ancient healing art for both, body and mind. It combines stretching, twisting, joint manipulation and soft tissue pressing. Thai massage aims to stimulate the lymph system and warms the muscles, improving toxin elimination and increase of flexibility.

ORGANIC SEAWEED BODY DETOX

75 min

Fresh handpicked biologic Laminaria Digitata algae are the perfect boost for tired and dull skin. A luxurious treatment that aids with the inner detox process of the body, firms and softens skin while assisting with drainage and cellulite. Consists of a full body scrub, seaweed leaf body wrap and scalp massage.

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BODY ENHANCERS



REFRESHING SCALP MASSAGE

30 min

An uplifting massage which focuses on the reflex points on the head and gives a true sense of wellbeing.

BACK, NECK AND SHOULDERS MASSAGE

30 min

Focused on main concern areas of tension, this massage aids with muscle tension and can be totally personalized in intensity and areas of main focus.

HANDS OR FEET TREATMENT

30 min

A fantastic hands or feet treatment that will leave your skin nourished and is the perfect addition to your massage, body or facial treatment. Includes scrub, wrap and hydrating massage.

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SKIN FOCUS



VOYA BIO FACIAL TREATMENT

60 min

An amazing facial treatment that suits all skin types, deeply detoxifying and revitalizing to brighten and improve your skin condition.

ORGANIC ANTI-AGEING FACIAL

75 min

A beautiful anti-ageing treatment that combines the best organic biological Voya ingredients with the restorative and anti-oxidant properties of essential oils. The perfect combination of algae and other plants that stimulate collagen production and reduce the appearance of fine lines and wrinkles.

ABSOLUTE RADIANCE FACIAL EXPERIENCE

90 min

A fantastic treatment that starts with a deeply relaxing back massage to soothe your muscles and is followed by a truly remineralizing mask to rejuvenate and hydrate your skin, reducing deeper wrinkles and improving skins' texture.

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SKIN ENHANCERS



ORGANIC SEAWEED MARINE EYE TREATMENT

30 min

A beautiful Eye treatment with the combination of fresh handpicked algae compresses with a fantastic lymphatic drainage massage to reduce wrinkles and fine lines, dark circles and puffiness, decongesting your eye area and leaving it more hydrated and firmer than ever.

EXPRESS FACIAL

30 min

This express facial includes the essentials of a facial treatment in a very short time. Perfect with a body treatment or massage.

TIVOLI SPA





EXPERIENCES FOR TWO



THE ESSENCE OF ROMANCE

120 min

Both of you will receive a fantastic combination of a relaxing massage and a facial treatment. The perfect package to indulge into a private and very relaxing Spa experience for two, in one of our amazing Spa suites. At the end, enjoy a beautiful rose petal bath, chocolate strawberries and sparkling wine. A memorable experience.

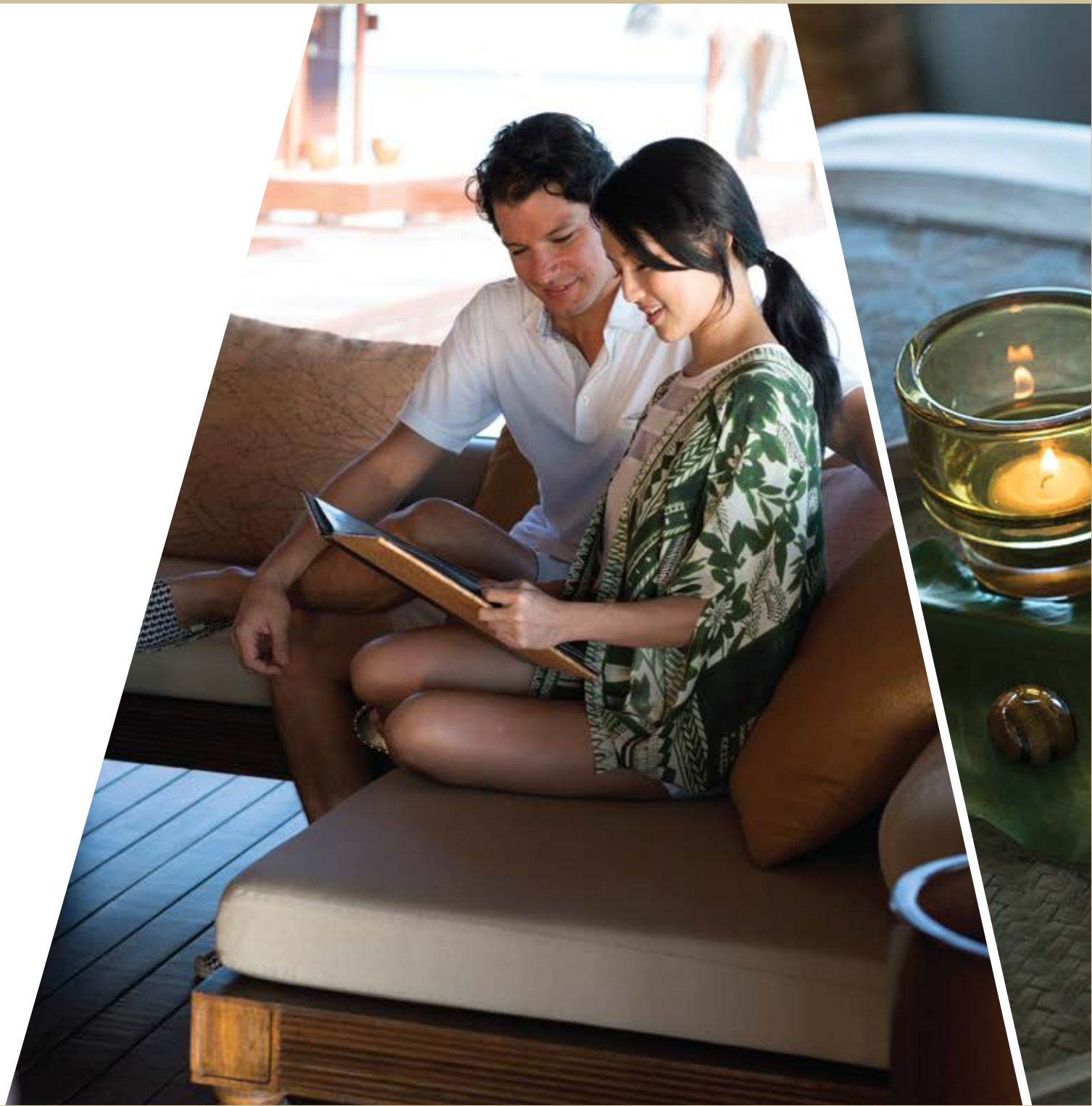
BESPOKE ROYAL CEREMONY FOR TWO

90 min

Some of the best experiences can be created by us. This fantastic package allows you to tailor-make your Couples Experience by choosing any of our massages and body scrubs and having them combined together in the same room.

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WELLBEING EXPERIENCES



Tivoli Spa Wellbeing activities take place at the Belvedere Garden with unparalleled views over the Atlantic Ocean and infinite energy from the Algarve Sun and environment.

YOGA

60 min

Excellent for all levels, from beginner to advanced, our Yoga classes are open to everyone. Take time for yourself and enjoy the oldest form of Yoga at the best location.

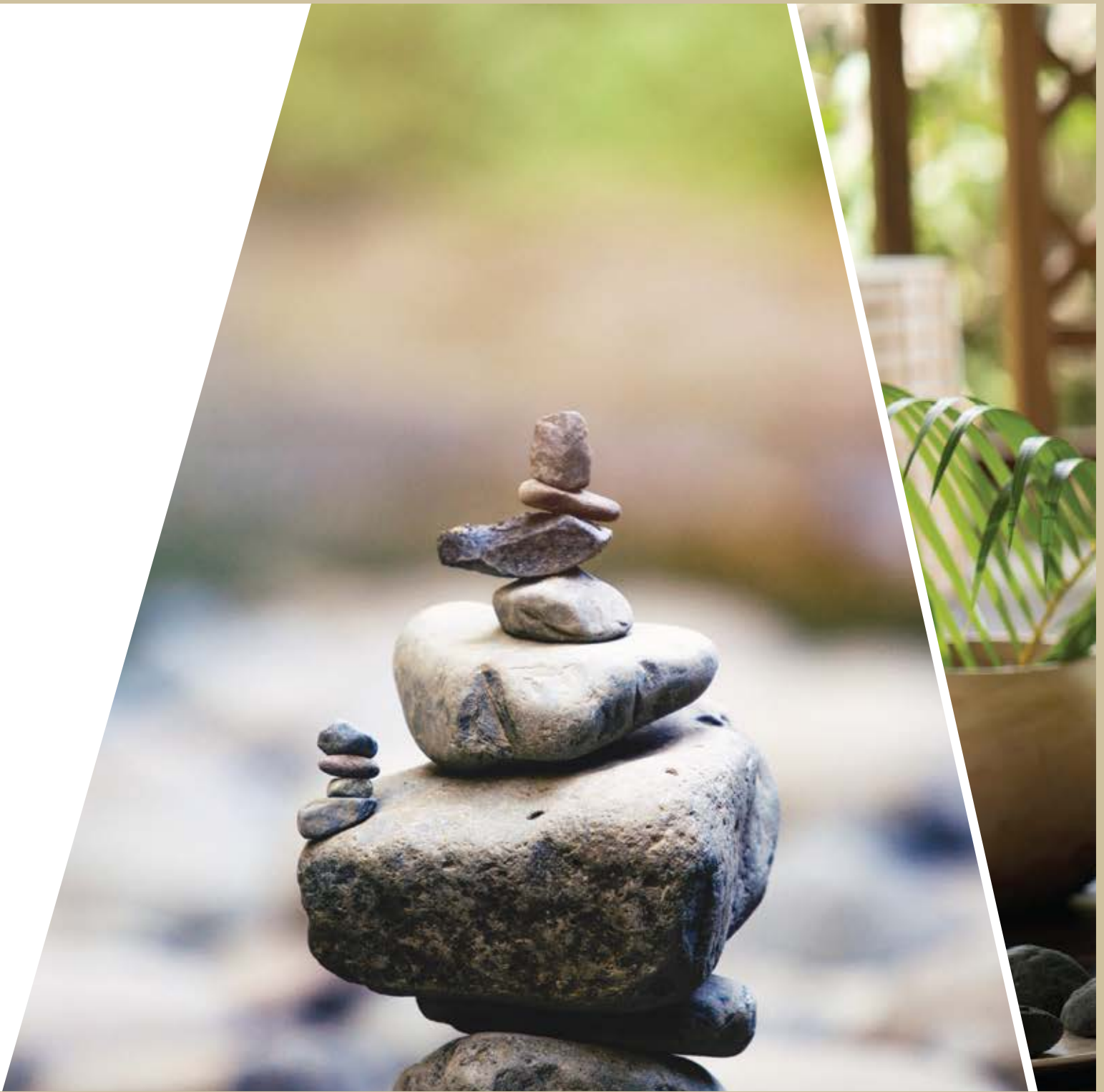
YIN YOGA

60 min

The perfect combination of ancestral Yoga and Traditional Chinese Medicine. During this unique class you will indulge into the Eastern philosophy of treating body and mind in a fantastic holistic approach to wellness. This class also includes Meditation techniques.

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/ FITNESS ACTIVITIES



Tivoli Spa Fitness activities take place at Tivoli Gym and must be scheduled in advance.

PERSONAL TRAINER

60 min

INDIVIDUAL CLASSES

COURSE OF 3

COURSE OF 6

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HALF DAY EXPERIENCES



Tivoli Spa has day experiences for you to upgrade your stay to better fit your needs. Detox, Relax or Rejuvenate at Tivoli Carvoeiro, and make your stay a memorable one with the best results whatever your objective is.

DETOX AT TIVOLI CARVOEIRO

Start your day with a private yoga class and a detox breakfast at the Belvedere Garden. Indulge into an Atlantic Ocean seaweed body treatment to eliminate toxins from the body and replenish it with minerals and anti-oxidants directly from the Ocean. Finish your experience with a specific Detox menu lunch at Mare Bistro, prepared by our Executive Chef Vasco Sampaio.

**INCLUI: Private Yoga Class (early morning) • Healthy Detox breakfast • Organic Body Detox treatment
• Bento Box Lunch at Sunset deck**

RELAX AT TIVOLI CARVOEIRO

Start your day with a private yoga class and a detox breakfast at the Belvedere Garden. Indulge into an Atlantic Ocean seaweed body treatment to eliminate toxins from the body and replenish it with minerals and anti-oxidants directly from the Ocean. Finish your experience with a specific Detox menu lunch at Mare Bistro, prepared by our Executive Chef Vasco Sampaio.

**INCLUI: Private YIN Yoga Class (early morning) • Tivoli Algarve Experience • Healthy Lunch at Mare Bistro
• Sunset Cocktail at Sky Bar**

REJUVENATE AT TIVOLI CARVOEIRO

A Journey or rejuvenation for body and mind that starts at our signature Belvedere Garden, with a morning private Personal Training lesson and follows at Tivoli Spa with Sauna and Steam room and a fantastic massage and a facial treatment. No Spa experience would be complete without an amazing Lunch at Mare Bistro.

**INCLUI: Private Personal Training Class (early morning) • Usage of Spa facilities • Back, Neck and Shoulders massage
• Organic Anti-Ageing Facial Treatment • Lunch at Mare Bistro**

TIVOLI SPA





/ GROOM ROOM



EXPRESS MANICURE

30 min

TIVOLI SPA MANICURE

60 min

Pamper yourself with a revitalizing and soothing hand treatment with exfoliation, mask and massage, together with a fantastic manicure.

EXPRESS PEDICURE

30 min

TIVOLI SPA PEDICURE

60 min

Pamper yourself with a revitalizing and soothing foot treatment with exfoliation, mask and massage, together with a fantastic pedicure.

DEPILATION

Upper Lip • Chin • Eyebrow • Underarms • Half arm • Full arm • Bikini Line • Half leg • Full leg

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TIVOLI SPA ETIQUETTE

ARRIVAL

You are encouraged to arrive a minimum of 20 minutes prior to your appointment to enjoy the serenity of the Tivoli Spa. Please be advised that late arrivals may result in a reduction of the treatment time.

SPA TREATMENTS

All treatments include the use of the Relaxation Areas and are available to in-house guests of Tivoli Carvoeiro Hotel. For other visitors, all treatments are available; however a minimum treatment booking time of one hour is required.

RESERVATIONS

Tivoli Spa reservations must be secured with a credit card. To ensure your preferred time and service is available we do advise booking in advance.

SPA ENVIRONMENT

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. In light of this, The Spa is a mobile phone, pager and smoke-free zone.



TIVOLI SPA

ACCESS

The Spa will provide towels, slippers, shower caps and all amenities required to use during your visit. We would like to invite our guests to arrive at the spa wearing the robe and slippers provided in the room. The minimum age to access Tivoli Spa is 16 Years old.

TREATMENTS FOR CHILDREN AND TEENS

No minimum age applies for all Spa Services, although children under 16 require parental approval and children under the age of 12 must be accompanied by a parent or guardian during the treatment.

GIFT VOUCHERS

Gift vouchers are available for treatments, Day Spa Programs and products. Gift vouchers are non-refundable and must be presented at the time of the treatment or product purchase.

HEALTH CONDITIONS

When making your Spa reservation, kindly advise us of any health conditions, allergies or injuries which could affect the service.

CANCELLATION POLICY

In case you need to cancel or change your reservation kindly give us a 6hours' notice period. Cancellation within 6 hours or no-show, will incur a 100% charge.

