

TIVOLI SPA



# TIVOLI SPA

## TIVOLI SPA

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 MARINA VILAMOURA

Inspired by the unique location of Tivoli Marina Vilamoura, the Tivoli Spa pays a true homage to the roots of the Algarve and its connection to the Algarve region. With signature treatments, face and body rituals that take local ingredients as an inspiration. Your Tivoli Spa journey will be a blissful experience of rest and relaxation.

# TIVOLI SPA







# JOURNEYS

## COMPLETE INDULGENCE

150 min

Indulge all your senses in the signature Tivoli Complete Indulgence. A unique combination of restorative massage, and luxurious body and facial offerings, using our premium, locally sourced Algarvian oils and fragrances, leaving you feeling utterly invigorated and rejuvenated - both in body and mind.

## SUPREME ANTI-AGEING TREATMENT

90 min

Special lifting massage techniques and anti-age treatments address the various signs of aging, working to regain the skin's natural beauty, improving skin elasticity, reducing blemished appearance, and regaining its youthful dewy look.

## ENERGIZE & RECHARGE

120 min

Recharge your body and energize your system through remineralizing seaweeds, anti-oxidant rich botanicals and destress body massage. Buff the skin surface to reveal a healthier more youthful you and re-discover renewed energy and body balance.

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# JOURNEYS



## ELIXIR OF LOVE FOR TWO

90 min

Indulge in a private and very relaxing Spa experience for two and discover a unique chocolate infusion oil and pepper massage that will awake all of your senses.

## ROYAL CEREMONY FOR TWO

150 min

Designed specially for couples, deeply relaxing and pampering, this treatment combines a stimulating coffee exfoliation with an anti-stress massage, ending with a moment of relaxation in the Jacuzzi with delicious chocolates and sparkling wine.

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# / BODY RELIEF



## TIVOLI FUSION SIGNATURE MASSAGE

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.

## HOT STONE MASSAGE

60 / 90 min

Achieve total relaxation through the penetrating heat and natural forces of the volcanic basalt stones to massage away the tension.

## THE AUTHENTIC AROMATHERAPY EXPERIENCE

60 / 90 min

Aromatherapy massage combines the use of essential oils and therapeutic massage to help relieve muscle tension and anxiety, or deep-rooted stress. Indulge your senses in this unique treatment and enjoy total relaxation, to ensure a restorative night's sleep.

## THAI MASSAGE

60 / 90 min

Our authentic Thai massage combines subtle stretching, experienced joint manipulation and soft tissue pressure movements. Thai massage warms the tissues, stimulating the lymphatic system, and thus enhancing flexibility and easing pain.

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# BODY RELIEF



## SWEDISH MASSAGE

60 / 90 min

A renowned European massage, the Swedish massage stimulates blood circulation and soothes tense muscles. Medium in pressure, this massage uses a combination of three basic strokes and friction movements to relieve stress and ensure a complete sense of well-being.

## SPORTS MASSAGE

60 min

Sports massage tends to be deeper and more intense. It is based on the various elements of Swedish massage and often incorporates a combination of other techniques involving stretching, compression, friction, toning, and trigger point response techniques similar to Acupressure and Shiatsu.

## DEEP TISSUE MASSAGE

60 min

Deep tissue massage 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.

## MOTHER-TO-BE MASSAGE

60 min

An all-over body massage, including a relaxing and rejuvenating full scalp and facial massage. A wonderful and relaxing moment that will assist in reducing muscle tension and relaxing body and mind.

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# BODY REFINE



## DETOXIFYING SEAWEED BODY WRAP

30 min

A purifying, marine-based treatment that cleanses and detoxifies the body while restoring skin's tone and vitality. A clay and seaweed body mask combined with a deep cleansing body wrap, draws out toxins and delivers essential minerals to the skin.

## ORGANIC COFFEE BODY SCRUB

30 min

Our organic body scrub is designed to gently cleanse and exfoliate your skin, removing dead skin cells and leaving a fresh new layer of skin that is glowing and radiant.

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# BODY REFINE



## UNDER THE RAIN SCRUB EXPERIENCE

30 min

Performed in the soothing yet revitalizing surroundings of steam and rain mist Vichy facilities, the gentle heat of the steam and shower softens and prepares the skin for an energizing Algarvian Orange body scrub.

## PURIFYING SEAWEED SCRUB AND WRAP

110 min

The therapy begins with a soothing Vichy and gentle seaweed body scrub to remove dull skin layers. The toning seaweed clay is then applied and the body is wrapped to maximize product penetration. A therapeutic scalp and body massage concludes the treatment, restoring the body and revitalizing the skin.

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# / BODY DETOX



## LYMPHATIC DRAINAGE

30 / 60 min

A gentle stimulation of the lymphatic system to effectively clear accumulated impurities and optimize the flow of lymphatic fluid. An extremely effective massage technique to reduce liquid retention – the perfect complement to anti-cellulite and slimming treatments.

## CONTOURING & SLIMMING TREATMENT

90 min

Unwind with a contouring massage in specific areas of your body, which stimulate the skin's metabolism, using essential natural gels to combat cellulite and reveal a beautifully reshaped figure.

## FIRMING TREATMENT

90 min

Benefit from natural ingredients that detoxify, nourish and tone. A skin exfoliation treatment followed by a 60-minute massage that helps restore the firmness of youth, smoothing and illuminating your skin. An all-in-one body youth boost.

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# BODY ENHANCERS



## BACK AND SHOULDER 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.

## FOOT REFLEXOLOGY

30 min

This fascinating treatment provides physical and spiritual renewal with specific techniques applied to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body.

## INDIAN HEAD MASSAGE

30 min

Based on Ayurvedic principles, this soothing yet energizing massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. This massage can also help relieve insomnia, chronic headaches, migraines and sinusitis.

## RESTORATIVE HAND / FOOT TREATMENT

30 min

This restorative treatment deeply nourishes dry hands and feet. The regenerative properties of the paraffin act effectively to soften and smooth.

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# SKIN FOCUS



## RADIANCE AND VITALITY

75 min

Restore the glow to a lifeless complexion. Skin is deeply cleansed with an innovative peel-off mask, which restores a healthy and dewy look.

## ABSOLUTE DETOX

75 min

An antioxidant treatment that safely removes the thickening layer of the epidermis, invigorates blood flow and stimulates the skin's natural detoxification, revealing a more radiant, luminous and younger looking skin.

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# / SKIN FOCUS



## REJUVENATING FACIAL

75 min

Combining powerful youth-boosting botanicals, this pampering facial intensively targets lines and wrinkles, offering dramatic and immediate results: healthy-looking with that unmistakable dewy look.

## LIFTING AND FIRMING

75 min

A luxurious anti-aging treatment for an immediate lifting effect. It softens expression lines and improves the quality, suppleness and elasticity of the skin. A powerful and noticeable multi-dimensional lifting agent, ensuring firmer contours and protects against the appearance of deep wrinkles.

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# / SKIN FOCUS



## SUPREME FACIAL MASSAGE

45 min

This unique facial massage revitalizes facial energy centers and awakens cells' essential functions. The face is given renewed fullness, youth and vitality.

## CLEANSING AND BALANCING FACIAL

45 min

This unique facial will help your skin to breathe by moisturizing the deeper layer of the epidermis and stimulating blood circulation. Your skin will be re-oxygenated and refreshed from the inside out with an immediate radiance boost.

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# TIME FOR KIDS\*

\* Only available for children up to 12 years old.



## THE LITTLE PRINCESS AND THE LITTLE REBEL

30 min

A relaxing Swedish massage, well suited to young children. It helps both emotional well-being and strengthens the immune system.

## CLEANSING MINI FACIAL FOR HER AND HIM

30 min

A gentle cleanse followed by nurturing facial massage to leave the skin totally hydrated. An ideal pampering gift for the little ones.

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# / GROOM ROOM



REGULAR MANICURE / FRENCH MANICURE

30 min

TIVOLI DELUXE MANICURE / FRENCH

75 min

REGULAR PEDICURE / FRENCH PEDICURE

30 min

TIVOLI DELUXE PEDICURE / FRENCH

75 min

## EPILATION

Woman

Upper Lip • Chin • Eye Brow • Under Arms • Full Arm • Half Arm • Bikini Line • Brazilian • Half Leg • Leg • Full body

Man

Eye Brow • Chest • Back • Abdomen • Under Arms • Full Arm • Half Arm • Glutes • Half Leg • Leg • Full Body

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# TIVOLI SPA ETIQUETTE



## OPENING HOURS

**SPA:** Open daily: 10:00am - 7:00 pm • During the months of July and August: 9:00am - 8:00pm  
**GYM:** Open daily: 7:00am - 9:00pm

## 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 Vilamoura 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 a place of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. In light of this, please keep all your electronic devices on silent mode.

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## 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 12 hours' notice period. Cancellation within 12 hours or no-show, will incur a 100% charge.





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# /TIVOLI SPA WELLBEING MENU



The perfect combination of a wide range of wellness activities with a healthy and balanced diet.  
Packages can be booked daily.

## COMPLIMENTARY ACTIVITIES

### **STRETCHING, TUESDAY**

Training method with special focus on stretching, relaxation and muscular strength, often combined with some postural exercises.

### **LOCALIZED, THURSDAY**

Training method with a special focus on muscular toning, combining strength exercises from the major muscle groups with muscular cardiovascular endurance exercises.

### **ABS/CORE, SUNDAY**

Training based on abdominal and lumbar strength, which combines exercises that will improve your posture.

## ACTIVITIES

Booking in advance is recommended, 24h - 75€/h

### **PERSONAL TRAINING**

Discover the benefits of working out with a professional with a program which is designed according to your needs and personal goals.

### **BOOT CAMP**

In a group or as an individual, challenge yourself and let us take you through a highly intensive outdoors military exercises session, including push-ups, squats, sprints, and sit-ups.

Pilates, aerobics, yoga, meditation private classes are also available, 75€/h

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# WELLBEING PROGRAMS



Indulge in a unique and relaxing journey at Tivoli Spa. Discover brand new facilities, signature treatments and well being experiences designed specially for you.

## RENEW - 7 DAYS • Personal Training Sessions - 180 min

680€

1 <sup>ST</sup> DAY - VICHY SEAWEED SCRUB	30 min
2 <sup>ND</sup> DAY - SEAWEED WRAP	30 min
3 <sup>RD</sup> DAY - LYMPHATIC DRAINAGE	30 min
4 <sup>TH</sup> DAY - LEMONGRASS MASSAGE	60 min
5 <sup>TH</sup> DAY - VICHY BODY MASSAGE	50 min
6 <sup>TH</sup> DAY - DETOX FACIAL	75 min
7 <sup>TH</sup> DAY - HEAD MASSAGE	30 min

## BODY AND MIND - 7 DAYS • Personal Training Sessions - 180 min

578€

1 <sup>ST</sup> DAY - COFFEE BODY SCRUB	30 min
2 <sup>ND</sup> DAY - HYDRO MASSAGE WITH ORANGE OIL	60 min
3 <sup>RD</sup> DAY - SUPREME FACIAL MASSAGE	45 min
4 <sup>TH</sup> DAY - HOT STONE MASSAGE	60 min
5 <sup>TH</sup> DAY - HEAD MASSAGE	30 min
6 <sup>TH</sup> DAY - REFLEXOLOGY	30 min
7 <sup>TH</sup> DAY - FOAM BATH WITH ORANGE MILK	30 min



# WELLBEING PROGRAMS



## PURIFYING - 5 DAYS • Personal Training Sessions - 120 min

480€

1 <sup>ST</sup> DAY - VICHY SEAWEED SCRUB	30 min
2 <sup>ND</sup> DAY - SEAWEED WRAP	30 min
3 <sup>RD</sup> DAY - LEMONGRASS MASSAGE	60 min
4 <sup>TH</sup> DAY - DETOX FACIAL	75 min
5 <sup>TH</sup> DAY - HEAD MASSAGE	30 min

## STRESS BUSTER - 5 DAYS • Personal Training Sessions - 120 min

403€

1 <sup>ST</sup> DAY - COFFEE BODY SCRUB	30 min
2 <sup>ND</sup> DAY - AROMATHERAPY MASSAGE	60 min
3 <sup>RD</sup> DAY - SUPREME FACIAL MASSAGE	45 min
4 <sup>TH</sup> DAY - HEAD MASSAGE	30 min
5 <sup>TH</sup> DAY - REFLEXOLOGY	30 min

## EXPRESS DETOX - 2 DAYS • Personal Training Sessions - 60 min

127€

1 <sup>ST</sup> DAY - GREEN TEA BODY SCRUB	30 min
2 <sup>ND</sup> DAY - LYMPHATIC DRAINAGE	30 min

## JUST RELAX - 2 DAYS • Personal Training Sessions - 60 min

195€

1 <sup>ST</sup> DAY - COFFEE BODY SCRUB	30 min
2 <sup>ND</sup> DAY - AROMATHERAPY MASSAGE	60 min

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