MENS SANA IN CORPORE SANO
PORTOBAY DISCOUNTS

PRESTIGE 5%
PRESTIGE GOLD 10%
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EXCLUSIVE TREATMENTS THAT COMBINE LUXURY AND OPTIMUM RESULTS . . .
THE SPA SUITE

WITH TOTAL PRIVACY OFFERS A LUXURY SPA EXPERIENCE WITH MASSAGE, JACUZZI AND CHILL OUT ZONE. ENJOY THE VIEWS OF FUNCHAL'S BAY AND THE ATLANTIC OCEAN TO THE FLAVOUR OF A TEA OR A REFRESHING JUICE.

THE SPA SUITE OFFERS SPA TREATMENTS SIMULTANEOUSLY FOR 2 PEOPLE.

UNWIND TOGETHER // 2H00
Aromatic bath // 20M
+ Spa treatment per person (facial or body) // 1H00
+ Relaxation // 20M
+ Selection of teas, fruit juice and fresh fruit

TIME-OUT FOR 2 // 3H00
Aromatic bath // 20M
+ Spa treatment per person (face and body) // 2H00
+ Relaxation // 20M
+ Selection of teas, fruit juice and fresh fruit

SPA SUITE EXTRA TIME // 20M
Upgrade to your Spa Suite programme adding 20M to make an already relaxing experience even better.

121 € (p/person)

176 € (p/person)

25 € (p/person)

OUTDOOR SPA*

TRY THE TREATMENTS TOGETHER !!
A PRIVATE GAZEBO, FUNCHAL BAY BY SCENARIO,
THE ATLANTIC BREEZE . . .
ALL THE INGREDIENTS FOR A PERFECT MEMORABLE DAY.
*SEASONAL, April to September, according to the weather conditions.

The outdoor Spa offers individual or couple Spa treatments.

BACK, NECK, SHOULDER & SCALP MASSAGE // 50M
82 € (p/person)

DE-STRESSER AROMATHERAPY MASSAGE // 1H05
92 € (p/person)

DETOXIFIER AROMATHERAPY MASSAGE // 1H05
92 € (p/person)

MUSCLE RELAXER AROMATHERAPY MASSAGE // 1H05
92 € (p/person)
OUTSTANDING VIEWS

121 € (p/person)

176 € (p/person)

25 € (p/person)

82 € (p/person)

92 € (p/person)
AFTER CONSULTATION AND SKIN ANALYSIS, SKINCARE PRODUCTS ARE CHOSEN FOR YOUR INDIVIDUAL NEEDS. THE FACIAL INCLUDES CLEANSING, EXFOLIATION, STEAM AND A SPECIFIC MASSAGE AND MASK.

**LIFESTAGE FACIAL // 1H20**
An advanced, targeted and rejuvenating facial using lifestage products for maturing skin to address all of the most visible signs of ageing, specifically focusing on eyes, neck, lips and jaw line.

89 €

**AGE-DEFYING FACIAL // 1H20**
This regenerating facial and firming eye treatment helps minimise fine lines, combat the signs of ageing and visibly improves the appearance of your skin. Skin is left feeling fresh, replenished and nourished.

83 €

**OPTIMAL SKIN PROFACIAL // 50M**
This facial instantly revives and brightens the complexion while ultimately helping to protect against environmental damage and delay the early, invisible stage of skin ageing. Suitable for all types and ages.

79 €

**PERSONALISED FACIAL // 50M**
Your therapist will select the most suitable facial for your skin’s needs. Includes: cleansing, exfoliation, steam, treatment specific massage, mask and scalp massage.

68 €

+ **EXTRACTION TIME // 1H05** 74 €

OR

**FIRMING EYE TREATMENT // 1H05** 84 €
CACI, NON SURGICAL SOLUTIONS

THE RESULT OF OVER 20 YEARS RESEARCH.
THE AWARD WINNING CACI FACIAL TONING TREATMENT
HAS BEEN CONSIDERED BY MANY EXPERTS TO BE THE MOST
EFFECTIVE ANTI-AGEING TREATMENT AVAILABLE.
CACI TREATMENTS ACHIEVE VISIBLE FACE LIFT RESULTS
BY TONING FACIAL MUSCLES.
SMOOTHING AWAY FINE LINES AND WRINKLES.
IT STIMULATES COLLAGEN AND ELASTIN PRODUCTION
FOR PLUMPER, YOUNGER, FRESHER LOOKING SKIN.
THE FACE LIFT WITH VISIBLE RESULTS WITHOUT SURGERY.

CACI EYE REVIVE // 40M
The new Caci Eye Revive treatment
combines active microcurrent eye rollers
which are infused with Caci Eye Revive Serum
that has powerful anti-ageing properties,
and Caci’s new Hydro Eye mask.
The Hydro Eye mask is packed full of hyaluronic acid
and collagen to help soften fine lines
and wrinkles along with green tea
and cucumber extract to detoxify, calm,
soothe and re-energise eyes,
leaving them bright and tight.

CACI NON SURGICAL FACE LIFT // 1H05
This treatment offers incredible firming results
for those wanting a powerful anti-ageing treatment
with visible results without surgery.

CACI ULTRA ANTI-AGEING FACIAL // 1H20
This anti-ageing facial, lifts, firms and tones
to redefine facial contours, plumps out deep lines
and wrinkles and intensively hydrates the skin.
Includes: ultrasonic skin peeling, non surgical
celulift, use of the wrinkle comb with L.E.D light
therapy, ultrasonic skin rejuvenation.

CACI HYDRO MASK // 1H20
Infused with powerful hydrating properties:
rose water, collagen, hyaluronic acid
and vitamins C&E.

CACI HYDRO MASK // 1H35
Infused with powerful hydrating properties:
rose water, collagen, hyaluronic acid and vitamins C&E.
ESPA

AN EXTENSIVE RANGE OF BODY TREATMENTS, SPECIFICALLY DESIGNED AND TAILORED TO ENSURE THE BEST THERAPEUTIC EXPERIENCE DEPENDING ON YOUR NEEDS.

DE-STRESS AND RELAX

BACK, FACE & SCALP TREATMENT // 1H20
Renowned as ESPA ‘hero’ treatment and loved by all, delivers triple results by targeting key areas.
Includes: back exfoliation & massage, complete facial and scalp massage.
+ HOT STONES THERAPY // 1H35

STRESS RELIEVER RITUAL // 1H50
This treatment combines a body wrap and massage using soothing oils to restore equilibrium, peace of mind and bring deep relaxation to body and spirit.
Includes: body exfoliation, marine mud wrap, scalp massage and body massage with aromatherapy oil.
+ HOT STONES THERAPY // 2H05

DE-STRESSER AROMATHERAPY MASSAGE // 50M
+ FACE AND SCALP MASSAGE // 1H05

DE-STRESSER BODY WRAP // 1H05
Includes: body exfoliation, marine mud wrap, scalp massage.

ESPA BALINESE MASSAGE // 1H05
Warm aromatherapy oils are poured onto the centre of the body and massaged into the skin using long, stretching, sweeping movements for deep relaxation.
+ HOT STONES THERAPY // 1H20

REFLEXOLOGY // 50M
Holistic technique, works on the reflex points of the feet that correspond to areas and organs of the body, activating and supporting the body’s natural healing mechanisms.

LIGHTER LEGS // 40M
This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.
Includes: soothing foot bath, exfoliation, deeply therapeutic foot and lower leg massage

91 €
99 €
112 €
82 €
92 €
79 €
92 €
102 €
72 €
54 €
DETOX

CONTOUR & FIRM BODY RITUAL // 2H05
A specialised body treatment that combines a detoxifying wrap and advanced body massage to tone and firm the skin. Includes: exfoliation with iced and warm mitts, detox wrap, lymphatic drainage and deep stimulating massage with G5® machine, an advanced mechanical massage and scalp massage. Ladies only.

DETOX BODY CLEANSE // 1H50
A full body treatment providing an intense detox and vitality boost. The perfect treatment to kick-start a healthy eating programme or to accompany a detox programme. Includes: mustard seeds foot soak, body exfoliation, algae wrap colon massage enhanced by the use of G5® machine, lymphatic massage with warm detoxifying herbal poultices.

ACTIVE ABDOMINAL DETOX // 50M
A highly effective stomach treatment ideal for those with stomach bloating, who feel sluggish, tired, or just want to enhance their stomach tone. Includes: detoxifying abdominal exfoliation, warm detoxifying herbal poultices, colon massage enhanced by the use of G5® machine, an advanced mechanical massage.

ANTI-CELLULITE HIP & THIGH TREATMENT // 50M
A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture. A course of 6 treatments is recommended. Includes: skin brush, detoxifying salt & oil scrub, detoxifying massage to specific area and specialised colonic massage techniques.

DETOXIFIER BODY WRAP // 1H05
Includes: body exfoliation, algae wrap and scalp massage.

DETOX JET MASSAGE // 15M
Full body massage with high pressure water jets. Improves circulation, speeding up the elimination of toxins and excess fluid. The perfect treatment to combine with an aromatherapy body massage and/or wrap.

PERSONALISED MASSAGE
A therapeutic full body massage using blends of essential oils personally selected for your individual needs.

CHOOSE YOUR TIME:

- 50M
- 1H05
- 1H20
INTENSIVE MUSCLE RELEASE

TOTAL BODY CARE // 1H35
An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance.
Includes: body exfoliation & massage, facial cleanse & scalp massage.
+ HOT STONES THERAPY // 1H50

MUSCLE RELAXER RITUAL // 1H50
This treatment combines a body wrap and massage using specific oils to ease tension in the muscles, help restore mobility and reduce aches and pains.
Includes: body exfoliation, marine mud wrap, scalp massage, body massage with aromatherapy oil.
+ HOT STONES THERAPY // 2H05

MUSCLE RELAXER AROMATHERAPY MASSAGE // 50M
+ FACE AND SCALP MASSAGE // 1H05

MUSCLE RELAXER BODY WRAP // 1H05
Includes: body exfoliation, marine mud wrap and scalp massage.

DEEP MUSCLE MASSAGE // 1H20
This powerful massage penetrates the muscles to alleviate deep-seated tension and muscular stress. Mechanical G5® will begin this massage helping to increase circulation to the muscles to enhance the overall treatment effect.

MUSCLE REVIVER BACK MASSAGE // 40M
A condensed massage for those who suffer with tension related headaches and neck strain.
Includes: back massage, facial and scalp massage
+ HOT STONES THERAPY // 50M

FULL BODY SALT & OIL SCRUB // 40M
This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Choose from a selection of scrubs: ESPA relaxing salt scrub, ESPA detoxifying salt scrub or ESPA invigorating salt scrub. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage.
Includes: full body exfoliation with salt & oil and full body nourishment. For a lighter application, Body Polish is applied instead of Salt & Oil Scrub.

LUXURY BACK MASSAGE // 50M
A tension releasing treatment for tight muscles and congested skin on the back, neck or shoulders.
Includes: back cleanse, massage and mask, lower leg and foot massage.
When needed, hot stones are available to penetrate warmth and help ease aches & pains.
HIGHLY EFFECTIVE FORM OF NATURAL THERAPY WHICH RELIEVES DISCOMFORT AND PROMOTES PHYSICAL WELL BEING.

89 €
HYDRO JET + FULL BODY WRAP // 1H20
High pressure water jets, improves circulation, speeding up the elimination of toxins and excess fluid followed by a full body wrap which includes skin brush, body exfoliation, wrap, scalp massage.

CHOOSE FROM: DETOX, HYDRATOR, RELAXER OR STRESS RELIEVER

93 €
HYDRO BATH + AROMATHERAPY FULL BODY MASSAGE // 1H20
A bespoke luxurious bath designed to offer rest and revitalisation to the mind and body. Equipped with air and water jet to gently massage the entire body followed by an aromatherapy full body massage.

CHOOSE FROM: DETOX, HYDRATOR, RELAXER OR STRESS RELIEVER

UNWIND A BUSY MIND, ESCAPE THE PACE OF EVERYDAY LIFE AND EMERGE FEELING FOCUSED, WITH A SENSE OF RENEWED POSITIVITY.

97 €
ESPA MINDFUL BODY MASSAGE // 1H20
This holistic, deeply relaxing and clarifying experience works on the concept of mindfulness, focusing on both mind and body to help you reduce stress and ‘be more in the present’. Includes: breathing and visualization techniques, massage on the metamorphic zones of the feet, full body massage, scalp massage with warm rose quartz crystals.
ESPA TREATMENTS FOR MEN ARE SPECIFICALLY TAILORED TO YOUR REQUIREMENTS. ALTHOUGH MOST OF OUR TREATMENTS ARE UNISEX, WE HAVE CREATED SOME TREATMENTS SPECIFICALLY FOR MALE SKIN AND LIFESTYLE.

MEN’S PERSONALISED FACIAL // 50M
Your therapist will select the most suitable facial for your skin’s needs.
Includes: cleansing, exfoliation, steam, treatment specific massage, mask and scalp massage.

MEN’S FIRMING EYE TREATMENT // 1H05 OR
MEN’S PERSONALISED MASSAGE // 1H50

MEN’S BACK, FACE & SCALP TREATMENT // 1H20
Renowned as espa ‘hero’ treatment and loved by all, delivers triple results by targeting three key areas.
Includes: back exfoliation & massage, complete facial and scalp massage.

HOT STONES THERAPY // 1H35

MEN’S STRESSBUSTER // 1H35
An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance.
Includes: body exfoliation & massage, facial cleanse & scalp massage.

HOT STONES THERAPY // 1H50

MEN’S PERSONALISED MASSAGE
A therapeutic full body massage using blends of essential oils.

CHOOSE YOUR TIME :

50M 82 €
1H05 82 €
1H20 99 €
MEN’S LUXURY BACK MASSAGE // 50M
A tension releasing treatment for tight muscles and congested skin on the back, neck or shoulders. Includes: back cleanse, massage and mask, lower leg and foot massage.

MEN’S DEEP MUSCLE MASSAGE // 1H20
This powerful massage penetrates the muscles to alleviate deep-seated tension and muscular stress. Mechanical G5® will begin this massage helping to increase circulation to the muscles to enhance the overall treatment effect.

MEN’S DETOX BODY CLEANSE // 1H50
A full body treatment providing an intense detox and vitality boost. The perfect treatment to kick-start a healthy eating programme or to accompany a detox programme. Includes: mustard seeds foot soak, body exfoliation, algae wrap colon massage enhanced by the use of G5® machine, lymphatic massage with warm detoxifying herbal poultices.

MEN’S MUSCLE REVIVER BACK MASSAGE // 40M
A condensed massage for those who suffer with tension related headaches and neck strain. Includes: back massage, facial and scalp massage.

HOT STONES THERAPY // 50M
UNWIND A BUSY MIND,
ESCAPE THE PACE OF EVERYDAY LIFE
AND EMERGE FEELING FOCUSED,
WITH A SENSE OF RENEWED POSITIVITY.

MINDFULNESS

UNWIND A BUSY MIND,
ESCAPE THE PACE OF EVERYDAY LIFE
AND EMERGE FEELING FOCUSED,
WITH A SENSE OF RENEWED POSITIVITY.

MINDFUL BODY MASSAGE // 1H20
This holistic, deeply relaxing and clarifying experience works on the concept of mindfulness, focusing on both mind and body to help you reduce stress and 'be more in the present'. Includes: breathing and visualization techniques, massage on the metamorphic zones of the feet, full body massage, scalp massage with warm rose quartz crystals.
OUR TEAM WILL ADVISE YOU ON THE MOST
SUITABLE TREATMENTS DURING YOUR PREGNANCY.
THE FOLLOWING TREATMENTS ARE SUITABLE AFTER
COMPLETING THE FIRST TRIMESTER OF PREGNANCY.

PRE NATAL TREATMENT // 1H20
A deeply nourishing body treatment designed to target
areas prone to stress and tension during pregnancy.
A course of 6 treatments is recommended.
Includes: back exfoliation (if required),
body and scalp massage.

MATERNITY MASSAGE // 50M
A relaxing full body massage to
help improve skin elasticity, reduce fatigue and
targets areas prone to tension during pregnancy.

LIGHTER LEGS // 40M
This revitalising treatment for tired feet and
heavy legs helps reduce puffiness and
soothe aches and pains.
Includes: soothing foot bath, exfoliation,
deeply therapeutic foot and lower leg massage.

WE ARE DELIGHTED TO OFFER TREATMENTS FOR
CHILDREN UNDER 16 YEARS OLD,
HOWEVER THEY MUST BE ACCOMPANIED BY AN ADULT FOR
THE WHOLE DURATION OF THE TREATMENT BOOKED.
PLEASE CONTACT THE SPA RECEPTION TEAM FOR DETAILS
ON TREATMENTS AVAILABLE FOR OUR YOUNG GUESTS.
ALL THE REMAINING AREAS OF THE SPA,
INCLUDING THE HEAT EXPERIENCES (SAUNA, STEAM BATH,
JACUZZI, CHROMOTHERAPY SHOWER) AND THE
FITNESS ROOM ARE PROHIBITED FOR CHILDREN UNDER 16.

TEEN ANGEL FACIAL // 50M
A facial using ESPA products
specifically tailored to younger skins.
The treatment includes an initial skin analysis,
a gentle cleanse, light massage, treatment mask and
protective moisturizer and oodles of home care advice.

TOTALLY TEENS CARE CHOCOLATE MASSAGE // 50M
Recommended for very active children and teens.
This massage relieves tension and
soothes tired muscles.
A GLASS OF CHAMPAGNE, TEA, FRESHLY SQUEEZED JUICE OR . . . FROM OUR REFRESHMENT MENU TO ACCOMPANY YOUR MANICURE/PEDICURE TREATMENT. (drinks are not included with the Spa treatments)

HANDS AND FEET

Cut and file, soak, cuticle work, buff, application of hand cream.

ESSENTIAL MANICURE // 55M
56 €
+ GELCOLOR BY OPI // 1H05

LUXURY HAND TREATMENT WITH PARAFFIN // 1H05
59 €

ESSENTIAL PEDICURE // 1H05
69 €
+ GELCOLOR BY OPI // 1H20

LUXURY FOOT TREATMENT WITH PARAFFIN // 1H15
73 €

BEAUTY TREATMENTS

WAXING

21 € EYEBROW SHAPE (TWEEZING) // 10M
21 € LIP AND CHIN // 10M
21 € UNDERARM // 10M
26 € BIKINI LINE // 25M
28 € HALF LEG // 25M
42 € FULL LEG // 55M

TINTS

24H allergy test required

21 € EYEBROWS // 10M
23 € EYELASHES // 20M
27 € EYEBROWS AND EYELASHES // 25M
SPA OPENING HOURS
Every day from 09H00 to 19H30.
Treatments every day from 09H30 to 19H00.

SCHEDULING AN APPOINTMENT
Please contact our Spa who will be able to guide you to the right choice.
We recommend to book in advance.

ARRIVAL TIME
We recommend 30 minutes in advance so you can relax, enjoy the Spa facilities and to complete the Spa consultation form.
Please be advised that late arrivals will result in a reduction of treatment time.

WHAT TO BRING
Hotel guests : bath robe and slippers
Outside guests : the Spa will provide towels, robes and slippers and any amenities required.

BEFORE STARTING
Please take a shower prior to your treatment, to allow maximum absorption and benefit from the ESPA products.

HEALTH CONDITIONS
Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

PHYSIOTHERAPY
Physiotherapy service is available on request.

CANCELLATION POLICY
A 50% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time.
SPA FACILITIES
Sauna, steam room, chromotherapy shower,
2 indoor jacuzzis, 1 outdoor jacuzzi,
vitality pool (indoor/outdoor)
with various air and water massage jets,
sea water pool and sea access.

ETIQUETTE
Our Spa environment is one of relaxation
and tranquillity. Please respect all Spa guests’
right to privacy and serenity.
In light of this, the Spa is a mobile phone free zone.
Please note that nudity is forbidden at all times.
Always use a towel to cover yourself
while using the Spa facilities.

FITNESS ROOM
A state-of-the-art gym equipped with the
‘technogym’ cardio vascular and strength machines
and free weights area. Personal trainer service
is available on request.

GIFT VOUCHERS
Available for treatments and/or products.
Please contact the Spa reception for details.

HOME CARE SPA BOUTIQUE
To continue your Spa experience at home,
all ESPA products used within your treatments
are available at Spa reception.

VALUABLES
The Spa at The Cliff Bay accepts no responsibility
for loss of valuables and jewellery
at any time on the Spa premises.

PRICES
All prices are quoted in euros
and are subject to change at any time.
Gratuities are not included and are welcomed
at your discretion.

THE CACTUS BAR // 10H30-18H00
Offering nutritious and healthy light meals
and a wide selection of freshly squeezed juices,
teas, champagne, fine wines, beers and . . .