

THE  **SPA**
AT BELMONT REID'S PALACE

SPA MENU

WELCOME TO THE WONDERFUL WORLD OF BELMOND

We are totally dedicated to your wellness when you stay with us at Belmond. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga in the gardens or enjoying a moment's peace in a tranquil hideaway, do take this special opportunity to refresh both your body and your soul.

CONTENTS

- 01** RELAX AND REVIVE AT OUR SPA
- 02** SIGNATURE INDULGENCES
- 03** MASSAGES
- 04** BODY RITUALS
- 05** FACIAL THERAPIES
- 06** FOR YOUNGER GUESTS
- 07** EXPECTANT AND NEW MOTHERS
- 08** BRIDE RITUAL
- 09** FINISHING TOUCHES
- 10** SPA STYLE
- 11** PRICE LIST

01 RELAX AND REVIVE AT OUR SPA

We invite you to rejuvenate your body, mind and soul in our serene haven overlooking the Atlantic Ocean. Indulge in our tempting range of therapies and give yourself up to luxurious pampering.

Each of our treatment rooms features fabulous sea views and a private terrace. There's even an indoor-outdoor double therapy suite with its own whirlpool.

Choose from an extensive menu of services for adults and children. All our treatments feature world-class spa brands Aromatherapy Associates and Natura Bissé, and you'll see that a number of them have been created exclusively for Belmond Reid's Palace. All our treatments are suitable for both men and women unless otherwise stated.

When you want to work out, our fitness centre is equipped with Technogym's state-of-the-art EXCITE® range. This series of integrated cardiovascular, strength and functional training machines features the latest UNITY® displays with swipe tactile technology and a wide variety of entertainment options. Sign in to UNITY® with a Technogym mywellness® account, then access your personal preferences or even watch an exercise video from your trainer. All this and spectacular ocean views too!

We offer separate changing facilities for men and women, each with showers, as well as dry sauna and steam rooms. Please enjoy complimentary use of all our delightful spaces during your visit.

We look forward to seeing a revitalised, relaxed and glowing new you.

Opening times:

Daily, 08.00-19.00

Treatments available 09.00-19.00

Access:

Find us in a secluded corner of the gardens, just beyond the tennis courts and close to the pools

Reservations:

Extension 7085 or press the Spa button on your room phone

02 SIGNATURE INDULGENCES

GARDEN OF ROSES RITUAL 120/240 MINUTES
FROM AROMATHERAPY ASSOCIATES

Breathe deep and sink into bliss as we envelop your skin in fragrant and nurturing essential oils, gels and creams. Our luxurious Renew Rose facial uses natural damask rose water to aid circulation and purify your skin, leading to a sublimely soft, radiant complexion and a relaxed state of mind. The 240-minute option includes lunch.

HAVEN OF PEACE 120/240 MINUTES
FROM AROMATHERAPY ASSOCIATES

Discover your own personal sanctuary and a harmony of body, mind and spirit. We begin your treatment with a soothing neck, shoulder and scalp massage that eases all tension away. Your body is then cocooned in a wrap of relaxing and fortifying frankincense, camomile and rosemary. We finish with a bespoke facial designed to suit your skin type and leave you relaxed and glowing. The 240-minute option includes lunch.

NATURAL REVIVER 120/240 MINUTES
FROM AROMATHERAPY ASSOCIATES

Be refreshed and rejuvenated by this treatment combining physical techniques with natural essences. We use the invigorating essential oils of rosemary and pink grapefruit to restore the body's natural equilibrium – a wonderful experience at any time but particularly beneficial after a long journey. The 240-minute option includes lunch.

BELMOND REID'S PALACE REGIONAL SPA TREATMENT 45 MINUTES
Our exclusive Regional Spa Treatment harnesses all the goodness of natural, local ingredients, including aloe vera balsam and grapeseed oil, and combines them with the gorgeous aromas of flowers from our magical gardens. Let your thoughts drift away as the therapist administers a back massage using our secret blend of essential oils.

ALOE COCOON AFTER SUNSET RELIEF 45 MINUTES
When your skin is a little more than sun-kissed, soothe it with this unique treatment combining Madeiran aloe vera with a cocktail of local herbs and vegetables. Be enveloped in a body wrap of fresh cucumber, lavender and peppermint as you enjoy a de-stressing head massage.

03 MASSAGES

DE-STRESS MUSCLE RELEASE 50 MINUTES
FROM AROMATHERAPY ASSOCIATES

Give your body the attention it deserves with this amazing all-over massage. The treatment involves intensive deep-tissue massage techniques to warm, manipulate, ease and stretch the body and disperse tension. Stiffness and fatigue of muscles and joints melts away.

FULL BODY MASSAGE 50/80 MINUTES
FROM AROMATHERAPY ASSOCIATES

Let us help you bring your body and mind back into balance. This traditional aromatherapy treatment fuses the best massage practices from East and West. Carefully applied pressures stimulate the nervous system, while Swedish and neuromuscular massage techniques support a healthy circulation and soothe the body.

RELAXING LEG MASSAGE 25 MINUTES
Busy day? Revitalise tired feet and legs, reduce any swelling and relieve discomfort with this restorative massage.

RELAXING HEAD MASSAGE 45 MINUTES
Unwind and zone out as we concentrate on relieving any tension and tightness in your shoulders, neck and head.

RELAXING BACK, NECK AND SHOULDER MASSAGE 25 MINUTES
Feel tight shoulder and neck muscles ease and relax with our targeted, highly effective massage.

FOOT REFLEXOLOGY 45 MINUTES
Your feet are a map to the health of your body, and by applying pressure to zones on your soles, we can release areas of tension or congestion elsewhere. This treatment can be customised to your particular concerns.

INDIAN HEAD MASSAGE 45 MINUTES
In this ancient Ayurvedic therapy, we use acupressure on your head, face, neck and shoulders to relieve muscular tension and resolve stress-related conditions.

04 BODY RITUALS

ENRICH BODY TREATMENT 80 MINUTES
FROM AROMATHERAPY ASSOCIATES

Nourish dry, thirsty skin with this deep moisturising treatment. It begins with an intense body exfoliation to stimulate and revive, follows with the application of a rich and protective body butter and oil, and finishes with a wonderfully relaxing scalp massage.

LAYERS OF LUXURY 50/110 MINUTES
FROM AROMATHERAPY ASSOCIATES

First we'll polish and soften your skin with an all-over body exfoliation using a sea salt and green olive stone scrub. Then we apply layers of luxury in the form of hydrating gels, nourishing oils and moisturising creams, and gently massage them into your skin.

De-Stressing Soother: enter a total chill-out zone and feel a thousand miles away from the pressures and chaos of everyday life. Frankincense carries you off into deep, meditative relaxation, giving you precious moments of peace.

Rose Hydrating Cocoon: lie in a bed of roses and indulge in this nourishing treatment. Rich oils and creams containing damask rose water are layered into freshly exfoliated skin, leaving it glowing and silky-soft.

THE ULTIMATE DETOX REVIVER 80 MINUTES
FROM AROMATHERAPY ASSOCIATES

This invigorating treatment is tailored to those looking for an intensive body detox. It's the perfect therapy if you're feeling tired or lacking energy. Refreshing grapefruit, stimulating rosemary and diuretic juniper leave you feeling truly revitalised and your skin bright, smooth and silky. We begin with body brushing, exfoliation and a mud mask to stimulate lymph and remove dead skin cells. Then we smooth in Revive body gel, body oil and body lotion to penetrate and nourish the skin. Expect to walk out with a deeply recharged mind and re-energised body.

LASTONE AROMATHERAPY FUSION 75 MINUTES
FROM AROMATHERAPY ASSOCIATES

Using a combination of LaStone massage techniques and aromatherapy oils, we work to relax your body and restore balance. Alternating hot and cool stones promote a natural healing response, creating a truly rejuvenating therapeutic treatment.

O2 BODY PERFECTION 80 MINUTES
FROM NATURA BISSÉ
PURIFIES · HYDRATES · REVITALISES

Tone up and rejuvenate with this intensely nourishing, firming treatment. Amazing antioxidant, purifying ingredients help prevent fluid retention, eliminate stored toxins and reduce cellulite. Highly recommended for lacklustre or dehydrated skin.

04 **BODY RITUALS**

CITRUS DRENCH 80 MINUTES

FROM NATURA BISSÉ
REVITALISES · FIRMS · ENERGISES

Benefit from a high concentration of revitalising vitamin C to protect your skin from dryness and premature ageing.

LIPOCELL SCULPTOR 80 MINUTES

FROM NATURA BISSÉ
SLIMS DOWN · FIRMS · SCULPTS

Feel slinkier, firmer and smoother following this slimming, detoxifying therapy, in which an anti-cellulite gel is combined with advanced massage techniques to effectively contour your silhouette.

MANUAL LYMPHATIC DRAINAGE 50 MINUTES

This gentle massage, specifically for women, uses light pressure and long, rhythmic strokes to help increase lymph flow. This in turn encourages the natural expulsion of toxins and excess fluid from the body, leading to a stronger immune system and improved circulation.

SHIATSU 50/80 MINUTES

Shiatsu incorporates techniques of anma (traditional Japanese massage), acupressure, stretching and Western massage to deliver a wide range of health benefits. By applying gentle pressure to different points on the body it can enhance mental wellbeing, alleviate discomfort, improve circulation, boost the immune system and relieve muscular tension, especially in the neck and back. Each session is tailored to your individual needs; just talk to our therapist about any problem areas.

BODY SCRUB 25 MINUTES

Treat yourself to a deeply nourishing body treatment with aromatic essential oils. We exfoliate to smooth the skin before drenching it in moisture to leave your body silky and glowing with health.

05 FACIAL THERAPIES

AGE REPAIR FACIAL 80 MINUTES
FROM AROMATHERAPY ASSOCIATES

For a firmer, plumped and more youthful looking complexion, this natural treatment achieves excellent results without the use of harsh chemicals. Emerge with skin repaired, rejuvenated and glowing. A soothing back massage is included.

BALANCE ORANGE FLOWER FACIAL 50/80 MINUTES
FROM AROMATHERAPY ASSOCIATES

Tailored for oily and combination skin, this pore refining facial works deep down, using the natural antiseptic properties of lavender and tea tree to condition the skin and balance its natural oils. The 80-minute option includes a soothing back massage.

RENEW ROSE TOTAL INDULGENCE 50/80 MINUTES
FROM AROMATHERAPY ASSOCIATES

More than a facial, this is a facial experience. Our beautifying and luxurious Renew Rose treatment softens, moisturises and nourishes your complexion while a back massage melts tension away. The 80-minute option includes a back massage.

ROSE INFINITY FACIAL 80 MINUTES
FROM AROMATHERAPY ASSOCIATES

Achieve instant, long-lasting results that noticeably lift, tone and firm the skin, leaving you with a flawless, visibly smoother, younger looking complexion.

INNER STRENGTH FACIAL 50/80 MINUTES
FROM AROMATHERAPY ASSOCIATES

Specifically developed for sensitive skin, this calming, nourishing treatment helps rebuild your skin's natural strength and shields it from environmental stresses. The 80-minute option includes a back massage.

THE REFINERY FACIAL FOR MEN 50/80 MINUTES
FROM AROMATHERAPY ASSOCIATES

Give your skin a rejuvenating boost and benefit from the power of essential oils and botanical extracts with this deep cleansing and brightening facial. Your skin will be left luminous, hydrated and richly invigorated. The 80-minute option includes a relaxing back and scalp massage.

CARBOXY-EXPRESS 25 MINUTES
FROM NATURA BISSÉ

REVEALS · RENEWS · EXFOLIATES

A quick peel for a glow on the go. Using a combination of 5 AHAs, this triple exfoliating treatment will produce visible results in just 25 minutes.

05 FACIAL THERAPIES

O2 RELAX FACIAL 50/80 MINUTES

FROM NATURA BISSÉ
PURIFIES · BRIGHTENS · BALANCES

Treat your complexion to the revitalising power of pure oxygen. This invigorating facial re-energises cellular function, leaving you with clear, perfectly hydrated skin and renewed radiance. The 80-minute option includes a soothing back massage.

EXPRESS FACIAL 25 MINUTES

FROM NATURA BISSÉ
CLEANSES · HYDRATES · CALMS

Rejuvenate your skin without exfoliation. Ideal for all skin types, this revitalising treatment is the perfect boost before a special night out.

SKIN COMFORT FACIAL 50/80 MINUTES

FROM NATURA BISSÉ
SOOTHES · COMFORTS · CALMS

Rebuild skin tolerance, tone, tighten and reverse micro-inflammation which causes premature ageing. Specifically designed to reinforce the skin, this tailored facial is a serious solution for hypersensitivity and rosacea. The 80-minute option includes a soothing back massage.

CITRUS VITA ESSENCE FACIAL 50/80 MINUTES

FROM NATURA BISSÉ
REVITALISES · STIMULATES · FIRMS

Recapture your skin's vitality and minimise signs of premature ageing with this exceptional citrus treatment. Rich antioxidants help restore sun-damaged skin while 100% pure vitamin C stimulates collagen production and renews firmness. The 80-minute option includes a soothing back massage.

DIAMOND LIFTING MULTISENSORIAL FACIAL 80 MINUTES

FROM NATURA BISSÉ
FIRMS · TIGHTENS · REVITALISES

Rich in exclusive regenerating ingredients, this luxurious treatment helps neutralise signs of stress and ageing. A triple exfoliation and energy infusion, all with the delicate scent of Mediterranean florals and lavender, results in long-lasting hydration and enhanced elasticity.

06 **FOR YOUNGER GUESTS**

6 to 12 years old

ANGELSENSE

50 MINUTES

Introduce your young ones to the world of wellbeing. Treat them to this delightful therapy, where we apply gentle pressure to the scalp, legs and feet while massaging oil onto their back and arms. Designed to improve quality of sleep, the treatment will also help soothe your child's nervous system and strengthen their immunity.

07 EXPECTANT AND NEW MOTHERS

ULTIMATE ROSE PREGNANCY MASSAGE
FROM AROMATHERAPY ASSOCIATES
SUITABLE FROM THE SECOND TRIMESTER

50 MINUTES

Feel nurtured and supported in a time of constant change. Choose from a selection of three specially formulated oils that have specific properties to nourish and care for your skin, reducing the risk of stretch marks. Enjoy a soothing massage that helps you feel light on your feet again and eases an aching back. A relaxing and rejuvenating scalp and facial massage completes the top-to-toe indulgence.

ULTIMATE ROSE POST-PREGNANCY SKIN NOURISHER
FROM AROMATHERAPY ASSOCIATES

80 MINUTES

This deeply restorative, pampering, all-over body treatment uses sublime rose-based products, which are renowned for their cell-renewing properties, to instantly restore the skin's quality and appearance. Exfoliation, layering of rich creams and oils and a wrap will improve circulation, reduce swelling and work simultaneously on your physical, mental and emotional needs. Expect to leave feeling radiant, soft and smooth, with your spirits lifted.

08 **BRIDE RITUAL**

BRIDE TO BE

160 MINUTES

Look your most radiant on your big day. Our pre-wedding spa regimen features a Diamond Facial and a revitalising vitamin C body and massage treatment.

09 FINISHING TOUCHES

FOR THE EYES *(a 24-hour allergy test is required)*

Eyebrow tint
Eyelash tint

WAXING

Eyebrow
Full leg
Half leg
Arms
Bikini line
Underarm
Upper lip
Chin
Chest
Back

FOR HANDS AND FEET

REVIVING FOOT REFRESHER 25 MINUTES
FROM AROMATHERAPY ASSOCIATES
Refresh tired, neglected feet with this zesty mix of citrus oils. You'll leave us feeling energised and walking on air!

ROSE PETAL LUXURY HAND TREATMENT 25 MINUTES
FROM AROMATHERAPY ASSOCIATES
Feel the softness of fresh rose petals falling between your fingers and enjoy the sensation as your hands are bathed and massaged in layers of rich, rose-scented oils, gels and creams.

MOROCCAN ROSE OIL FOOT POLISH 25 MINUTES
FROM AROMATHERAPY ASSOCIATES
Treat your feet to the softness of fresh rose petals as we bathe and massage them in nourishing layers of rose oils, gels and creams.

10 **SPA STYLE**

We're delighted you will be joining us. Our spa is an oasis of calm, and we therefore ask that you help us maintain the peaceful ambience by speaking in a soft voice and turning off your cell phone.

APPOINTMENTS

We recommend you make reservations in advance, particularly if you wish to experience multiple treatments during your stay. Please contact The Spa team, who'll be able to advise you of ideal treatments. Please note, manicures and pedicures are only available at the hairdressing salon on the 5th floor.

CANCELLATIONS

If you wish to change or cancel your appointment, we kindly ask that you contact us at least 24 hours prior to the scheduled treatment. Failure to do will incur a full charge for the service.

ARRIVAL

We invite you to arrive 30 minutes before your treatment so that, after filling in the consultation form, you can relax and enjoy our facilities. As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment. The full cost of the treatment or service will still be charged.

For your comfort we provide a robe, towels and slippers. Please take a shower before your treatment to help products fully absorb into the skin.

WELLBEING

When you fill in your pre-treatment form, kindly advise us of any health conditions, allergies or injuries that may affect your choice of treatment.

CHILDREN

We warmly welcome children from the age of 6 to enjoy our Angelsense treatment.

GIFT CARDS

Our gift certificates make perfect presents for spa lovers. Choose an individual treatment, a special package or a voucher for a specific denomination.

11 SPA STYLE

All prices are quoted in Euros. 10% VAT included in all listed prices.

SIGNATURE INDULGENCES

GARDEN OF ROSES RITUAL FROM AROMATHERAPY ASSOCIATES	(120 MIN) (240 MIN)	205.00 380.00
HAVEN OF PEACE FROM AROMATHERAPY ASSOCIATES	(120 MIN) (240 MIN)	205.00 380.00
NATURAL REVIVER FROM AROMATHERAPY ASSOCIATES	(120 MIN) (240 MIN)	205.00 380.00
BELMOND REID'S PALACE REGIONAL SPA TREATMENT	(45 MIN)	90.00
ALOE COCOON AFTER SUNSET RELIEF	(45 MIN)	90.00

MASSAGES

DE-STRESS MUSCLE RELEASE FROM AROMATHERAPY ASSOCIATES	(50 MIN)	135.00
FULL BODY MASSAGE FROM AROMATHERAPY ASSOCIATES	(50 MIN) (80 MIN)	135.00 170.00
RELAXING LEG MASSAGE	(25 MIN)	60.00
RELAXING HEAD MASSAGE	(45 MIN)	90.00
RELAXING BACK, NECK AND SHOULDER MASSAGE	(25 MIN)	60.00
FOOT REFLEXOLOGY	(45 MIN)	90.00
INDIAN HEAD MASSAGE	(45 MIN)	90.00

BODY RITUALS

ENRICH BODY TREATMENT FROM AROMATHERAPY ASSOCIATES	(80 MIN)	160.00
LAYERS OF LUXURY FROM AROMATHERAPY ASSOCIATES	(50 MIN) (110 MIN)	110.00 205.00
ULTIMATE DETOX REVIVER FROM AROMATHERAPY ASSOCIATES	(80 MIN)	160.00
LASTONE AROMATHERAPY FUSION FROM AROMATHERAPY ASSOCIATES	(75 MIN)	150.00
O2 BODY PERFECTION FROM NATURA BISSÉ	(80 MIN)	170.00
CITRUS DRENCH FROM NATURA BISSÉ	(80 MIN)	170.00
LIPOCELL SCULPTOR FROM NATURA BISSÉ	(80 MIN)	170.00

11 SPA STYLE

MANUAL LYMPHATIC DRAINAGE	(50 MIN)	135.00
SHIATSU	(50 MIN) (80 MIN)	135.00 170.00
BODY SCRUB	(25 MIN)	60.00

FACIAL THERAPIES

AGE REPAIR FACIAL FROM AROMATHERAPY ASSOCIATES	(80 MIN)	150.00
BALANCE ORANGE FLOWER FACIAL FROM AROMATHERAPY ASSOCIATES	(50 MIN) (80 MIN)	120.00 150.00
RENEW ROSE TOTAL FROM AROMATHERAPY ASSOCIATES	(50 MIN) (80 MIN)	120.00 150.00
ROSE INFINITY FACIAL FROM AROMATHERAPY ASSOCIATES	(80 MIN)	160.00
INNER STRENGTH FACIAL FROM AROMATHERAPY ASSOCIATES	(50 MIN) (80 MIN)	120.00 150.00
THE REFINERY FACIAL FOR MEN FROM AROMATHERAPY ASSOCIATES	(50 MIN) (80 MIN)	120.00 150.00
CARBOXI-EXPRESS FROM NATURA BISSÉ	(25 MIN)	60.00
O2 RELAX FACIAL FROM NATURA BISSÉ	(50 MIN)	120.00
THE EXPRESS FACIAL FROM NATURA BISSÉ	(25 MIN)	60.00
SKIN COMFORT FACIAL FROM NATURA BISSÉ	(50 MIN)	120.00
CITRUS VITA ESSENCE FACIAL FROM NATURA BISSÉ	(50 MIN)	120.00
DIAMOND LIFTING MULTISENSORIAL FACIAL FROM NATURA BISSÉ	(80 MIN)	170.00

FOR YOUNGER GUESTS

ANGELSENSE	(50 MIN)	85.00
------------	----------	-------

EXPECTANT AND NEW MOTHERS

ULTIMATE ROSE PREGNANCY MASSAGE	(50 MIN)	135.00
ULTIMATE ROSE POST-PREGNANCY SKIN NOURISHER	(80 MIN)	170.00

BRIDE RITUAL

BRIDE TO BE	(160 MIN)	330.00
-------------	-----------	--------

11 SPA STYLE

FINISHING TOUCHES

FOR THE EYES

Eyebrow tint	20.00
Eyelash tint	35.00

WAXING

Eyebrow	20.00
Full leg	50.00
Half leg	30.00
Arms	25.00
Bikini line	25.00
Underarm	20.00
Upper lip	20.00
Chin	20.00
Chest	50.00
Back	50.00

FOR HANDS AND FEET

REVIVING FOOT REFRESHER FROM AROMATHERAPY ASSOCIATES	(25 MIN)	70.00
ROSE PETAL LUXURY HAND TREATMENT FROM AROMATHERAPY ASSOCIATES	(25 MIN)	70.00
MOROCCAN ROSE OIL FOOT POLISH FROM AROMATHERAPY ASSOCIATES	(25 MIN)	70.00

Reservations: Call ext 7085 or press the Spa button on your room phone.

