



THE  **SPA**
AT REID'S PALACE

SPA MENU

WELCOME TO THE LEGENDARY WORLD OF BELMOND

When you stay with Belmond, your wellness becomes our top priority. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga on the beach or simply soaking up the sense of serenity in our tranquil hideaway, take the time to refresh both body and soul.

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01 RELAX AND REVIVE

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.

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 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. 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 10:00-19:00

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

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.

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.

ENERGISING FULL BODY MASSAGE 50/80 MINUTES
FROM NATURA BISSÉ

Revitalise both mind and body with this refreshing, citrus-scented treatment chock-full of vitamins, minerals and essential oils. Rich in energising, toning and moisturising properties, it works to enhance suppleness, firmness and overall radiance.

OXYGEN FULL BODY MASSAGE 50/80 MINUTES
FROM NATURA BISSÉ

Ideal for soothing stressed or asphyxiated skin, the treatment oil contains *Alaria esculenta* seaweed, which helps increase cellular respiration to stimulate and detoxify the skin. Highly antioxidant and nourishing, it also prevents dryness, leaving your body feeling purified, soft and supple.

04 BODY TREATMENTS

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 skins 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 TREATMENTS

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 **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.

06 EXPECTANT AND NEW MOTHERS

ULTIMATE ROSE PREGNANCY MASSAGE 50 MINUTES
FROM AROMATHERAPY ASSOCIATES
SUITABLE FROM THE SECOND TRIMESTER

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 80 MINUTES
FROM AROMATHERAPY ASSOCIATES

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.

07 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.

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 so 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.

08 PRICE LIST

All prices are in Euros, are inclusive of VAT and subject to change without notice.

SIGNATURE INDULGENCES

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)	135.00 190.00
FOOT REFLEXOLOGY	(45 MIN)	90.00
ENERGIZING FULL BODY MASSAGE FROM NATURA BISSÉ	(50 MIN) (80 MIN)	135.00 190.00
OXYGEN FULL BODY MASSAGE FROM NATURA BISSÉ	(50 MIN) (80 MIN)	135.00 190.00

BODY RITUALS

ENRICH BODY TREATMENT FROM AROMATHERAPY ASSOCIATES	(80 MIN)	175.00
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
MANUAL LYMPHATIC DRAINAGE	(50 MIN)	135.00
SHIATSU	(50 MIN) (80 MIN)	135.00 170.00
BODY SCRUB	(25 MIN)	60.00

08 PRICE LIST

FOR YOUNGER GUESTS

ANGELSENSE	(50 MIN)	85.00
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EXPECTANT AND NEW MOTHERS

ULTIMATE ROSE PREGNANCY MASSAGE	(50 MIN)	135.00
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ULTIMATE ROSE POST-PREGNANCY SKIN NOURISHER	(80 MIN)	170.00
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Reservations: Call ext 7085 or press the Spa button on your room phone.

INCOMPARABLE GENUINE TRAVEL

BELMOND.COM