



The Vidago Palace Spa is a place of sophisticated elegance and glamour set amongst 40 acres of fragrant cedar and pine, mixed with lavender and rosemary through the entire park. The history of Vidago waters dates from the 17th century, a time when it was believed to have therapeutic and curative properties. These waters are collected directly from the original marble wells of the ground, where they are now utilized in several of our exclusive signature treatments. The architectural elegance of the hotel and the spa's contemporary white, fresh, clean lines bring a new dimension to the famous Vidago Palace and Park.

Our experiences at Vidago Palace Spa are unique and memorable, using the renowned healing and therapeutic mineral waters. Enjoy our refreshing, invigorating showers and ice fountain; energize your body at our luxurious vitality pool located in beautiful outdoor surroundings. With a renewed sense of tranquility, relax at our contemporary 'Spa Lounge' with a creative selection of healthy cuisine and tantalizing 'Vidago Granitas', before entering into a new world of emotions and discovery, with our gifted, attentive therapists, trained to international standards, enhancing your Vidago Water experience with the 'Perfect Treatment' for mind, body and soul. Find the perfect memory of your visit at our exclusive retail area with expert advice for all your skincare needs.





## VIDAGO PALACE SPA PARTNERS

For over 30 years, Aromatherapy Associates has been harnessing the healing powers of natural plant extracts, creating exquisite essential oil blends to bring vitality, energy and a deep sense of wellbeing. They use their expertise to develop beautiful and highly effective skin, bath and body products that are highly acclaimed the world over.

Since they began, they have brought their knowledge and skills to the world's greatest spas, with treatments and rituals to restore health and vitality. From sourcing ingredients and developing products, to blending oils and creating their unique, recognisable aromas, Aromatherapy Associates maintains the highest standards of quality to bring you an aromatherapy experience that's as effective as it is luxurious.

MCCM Medical Cosmetics has been developing products and equipment to improve body and cellular rejuvenation, anti-aging facial treatments in a simple and effective way that can also be used at home. All the treatments and products are developed by a specialized team which works daily on creation and innovation.





## EXCLUSIVE SIGNATURE EXPERIENCES

*The exclusive treatments at Vidago Palace Spa are designed to create a unique experience; all combine the mineral waters, known for their natural detoxifying and re-mineralising benefits. Essential oils and plants grown in the Palace grounds assist the sense of well-being through the body and mind, along with skincare systems that enhance the benefits of the mineral water.*

### THE ULTIMATE VIDAGO EXPERIENCE

160 min - 240€

This tailored experience captures the essence of the Palace grounds. Unwind with a Vidago water bath surrounded with the aromas of lavender and rosemary. Enhance your relaxation with 80 minutes of de-stressing massage, followed by an exclusively designed rejuvenating facial. With a renewed sense of calmness enjoy one of 'Chef's' creative dishes at the Spa Lounge.

### ESSENTIAL HOT STONE TREATMENT

110 min - 190€

Experience the feeling of basalt stones, gently heated in Vidago water, combined with a deeply beneficial massage using the positive influence of essential oils. Enjoy comforting, warm, silky mud on your feet as a facial mask is applied. Completing this deeply calming treatment is a relaxing scalp massage.

Continue your relaxation therapy with one of 'Chef's' creative dishes at the Spa Lounge.

## VIDAGO SPA SUITES

*Enjoy the privacy of your own couples Spa Suite; experience the mineral waters in the sumptuous bath, followed by the sensuous aroma in our specialised heat cabinet. Relax in pure, unadulterated calmness after experiencing a tailor-made treatment, with views to the secluded courtyard. Create your 'special moment' by personalizing your experience. Design a bespoke package with your therapist, encompassing all your treatment needs. A truly memorable experience!*





#### 'SPECIAL MOMENT'

110min - 250€ PER COUPLE

Enjoy the Couples Suite for 2 hours, relax in the sumptuous bath, experience the aroma steam and enjoy 50 minutes of attentive therapy. Relax in the suite with gourmet delights from Chef's Spa Lounge Menu.

#### 'MEMORABLE MOMENT'

180min - 450€ PER COUPLE

Enjoy the Couples Suite for 3 hours, relax in the sumptuous bath, experience the aromatic steam and enjoy 110 minutes of attentive facial and body therapy. Relax in the suite with gourmet delights from Chef's Spa Lounge Menu.

### AROMATHERAPY ASSOCIATES TREATMENTS

#### De-Stress Mind

80min - 115€

A camomile and olive grain scrub refreshes legs and feet before you are treated to an uplifting inhalation of frankincense and a traditional aromatherapy massage to target symptoms of stress. A blend of camomile, petitgrain and rosemary helps to calm and cleanse your thoughts, whilst an Ayurvedic scalp and facial massage works to relieve physical and emotional exhaustion.

#### ROSE INDULGENCE

80min - 115€

This treatment begins with a gentle olive grain exfoliation to legs and feet, followed by an application of vitamin rich wheat germ oil to cuticles and dry skin. A pressure point massage with uplifting oils of geranium, frankincense and rose encourage feelings of inner harmony, whilst a warm freshwater mud mask to the face works on your outer radiance.

#### ESSENTIAL DETOX

80min - 115€

Feel fresh and alive from the inside out. First, take a breather with our invigorating inhalation, then lie back, relax and let these deep yet stimulating massage techniques mobilise tissue and encourage effective circulation. Experience an uplifting and balancing Ayurvedic scalp massage, followed by a facial massage to clear and release any unwanted toxins. Feel invigorated.

#### DEEP SLEEP

80 min - 115€

This deeply sedating full body massage harnesses rich earthy essential oils of vetivert, camomile and sandalwood, renowned for their intense





calming and grounding effects. Acupressure point face and scalp massage helps to clear any congestion and ease an overactive mind. A must-have treatment for those who suffer from insomnia or who are longing for a deep sense of tranquillity.

## FACIAL THERAPY

PRESCRIPTION FACIAL FOR MEN AND WOMEN 80min - 115€

Restore and revitalize with a facial tailor made for your skin. A new hands on approach to facial care not only using essential oils to improve skin condition, but also utilizing Eastern and Western massage techniques to refresh the skin, improve circulation, lymph flow and skin oxygenation whilst easing stress and toning the muscles.

AGE REPAIR FACIAL 80min - 125€

A deeply repairing and anti-ageing treatment that delivers visible results using powerful plant extracts and essential oil blends to target fine lines and wrinkles, without using harsh chemicals. At the heart of this exceptional facial are specific manual massage techniques

to encourage collagen and elastin synthesis, resulting in a firm, plumped and more youthful looking complexion

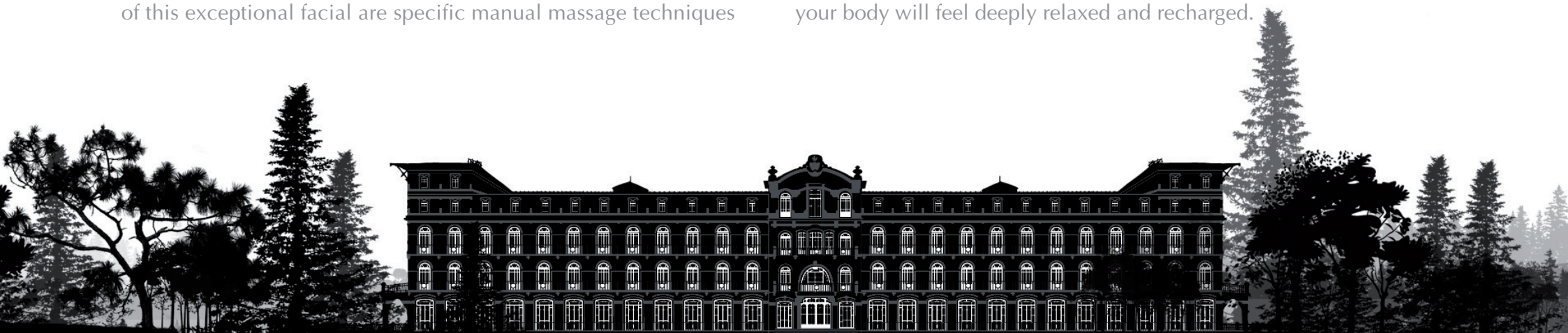
REVITALIZING EYE TREATMENT 30min – 50€

Refresh and brighten your eyes with this revitalizing eye treatment, the perfect addition to any facial. The delicate eye area is the first place to show tiredness and ageing and it really benefits from some special care and attention. This treatment uses specialized massage techniques to improve micro-circulation and drainage, helping reduce puffiness.

## BODY MASSAGES

THE ULTIMATE AROMATHERAPY EXPERIENCE 50min - 85€ 80min - 115€

A consultation with your therapist helps to identify a highly therapeutic oil blend for your physical and emotional needs. Carefully applied pressures then stimulate the nervous system, whilst Swedish and neuro-muscular techniques relieve muscular tension, and lymphatic drainage encourages healthy circulation. Every part of your body will feel deeply relaxed and recharged.





#### INTENSE MUSCLE RELEASE

50min - 85€ 80min - 135€

This highly restorative treatment works deeply to relieve tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful. Completing the experience with stretches (Thai style).

#### ESSENTIAL BACK FACE AND SCALP

80min – 115€

Targeting the most affected areas of stress, focus is given to the back, neck, shoulders and head, using a de-stressing blend. Followed by hot stones to work deeper into the muscle leaving your muscles stress free

### TREATMENTS FOR THE HANDS AND FEET

Give your hands & feet a little much-needed attention with these luxurious treatments, which are the perfect addition to any treatment.

#### ENRICH HAND TREATMENT

25min - 45€

An indulgent and deeply restorative treatment, for dry hard working and

out of condition hands. A Relax while your hands and lower arms are wrapped to allow the moisturizing natural actives to work. They are then treated to enriching layers of exotic serum, oil and velvety butter to hydrate, nourish and protect. Skin is left looking and feeling extremely supple, smooth and revitalized.

#### ENRICH FOOT TREATMENT

30min – 45€

Your treatment begins with gentle body brushing to feet and lower legs to wake up your skin before being immersed in warm aromatic water, infused with moisturizing and sensual essential oils of geranium, sandalwood and patchouli. An invigorating salt and coffee exfoliation smoothes and sloughs off dead cells to prepare skin for a rich application of vitamin

### PREGNANCY TREATMENTS

#### THE REAL NUTRITURING EXPERIENCE 50min - 85€

Choose from a selection of three oils, each safely formulated to





be used during pregnancy to nourish and care for your expanding skin. This massage helps relieve stress and tension, paying particular attention to the upper back and tight shoulders. Legs are massaged to ease the heavy feeling that can come with pregnancy, and a full scalp and facial massage completes this top to toe treatment.

## **TRATAMENTOS DO VIDAGO PALACE SPA BY MCCM MEDICAL COSMETICS**

**ULTIMATE FACIAL** 50min - 95€

The skin is exposed to constant external elements mirroring our health, concerns and lifestyle. Prevention is the key factor for those wishing to delay the effects of

time. Cleansing, treating, protecting and nourishing are the fundamental steps to maintain a healthy skin. Your therapist will assist both men and women in choosing the best for your skin.

**BOTOX EFFECT FACIAL** 85MIN - 170€

This unique treatment is designed to fight premature aging. It acts on the regeneration and restructuring of the skin preventing the appearance of wrinkles and reducing existing ones.

**CELLULAR PERFORMANCE FACIAL** 80min - 135€

An innovative and revolutionary beauty treatment, this self-repairing, reconstructing facial with Lifting and anti-wrinkle effect, ensures the recovery of lost facial features over time.

**PLATINUM NANOBIUW GENERATO  
NANO-COLLID** 40€

Nanobiuw is the latest technology in skin therapy. The excellent antioxidant activity helps to balance and protect the skin from bacteria's. The platinum reduces the activated oxygen in our skin to reduce the aging process

## **SPECIALIZED TREATMENTS**

**ANTI-CELLULITE** 80min - 135€

This treatment, with a high concentration of active ingredients, helps to reduce the nodules of fat, Releasing lipids accumulated in the fat cells. It reduces the orange peel effect « (the visible signs of cellulite), smoothens the skin and assists the redefinition of the silhouette.





#### ANTI-STRETCH MARKS

80min - 135€

This treatment helps to reduce the risk of the appearance of stretch marks by increasing the skin's elasticity and reducing the existing ones. It moisturizes and nourishes the skin, subject to stretching caused by pregnancy, obesity and sudden growth

#### ANTI-AGING

80min - 135€

This treatment helps to fight the body's saggy skin. It provides brightness and firmness to the skin, restoring its tone, elasticity and texture.

#### ELECTRIC LYMPHATIC DRAINAGE

50min - 100€

The most effective method to combat the accumulation of toxins trapped in the body. The electrical drainage activates the lymphatic system improving its natural function in the body, since it is responsible for fighting infection by stimulating the immune defences.

### RELAXING FULL DAY PACKAGE

#### RELAXING FULL DAY PACKAGE

FULL DAY 275€

Are you in need of 'shutting out the world' or just in the need to relax

and unwind, this is the perfect solution for your mind and body.

Spend a full day with us at Vidago Spa, enjoy the extensive Day Spa facilities in our vitality pool to relax and revitalize all your senses.

Begin your day with a warming and re-mineralizing Vidago Water Hydro bath, followed by an enriching full-body scrub. Then unwind

in our sumptuous relaxation lounge and enjoy a hydrating glass of Vidago Water. With a renewed sense of calmness, your 80 minute

aromatherapy massage will begin by choosing an essential oil blend to suit your needs. Within the serene surrounding of the spa, experience

Chef's delicious food and beverage creations at the Spa Lounge.

Completing your day of relaxation, see and feel the difference with a tailor-made Prescription Facial, for complete radiance inside and out.

#### DETOX FULL DAY PACKAGE

FULL DAY 275€

Have you over indulged or are you feeling that your body needs to be cleansed? This day of detoxing is a great way to re-balance and invigorate.

Spend a full day with us at Vidago Spa, enjoy the extensive Day





Spa facilities using our vitality pool to relax and revitalize all your senses. Begin your day with an invigorating Vidago water Vichy Shower and full body scrub, then unwind in the Day Spa, whilst experiencing new and exciting water treatments. With a renewed sense of vigor, feel the benefits of an 80 minute 'Essential Detox' treatment to promote the removal of toxins and improve circulation. Add to your detox programme with a delicious salad and granites from Chef's Spa Lounge Menu. Complete your 'detox' day with a revitalizing facial, using exquisite essential oil blends for radiant skin and a glowing spirit.

#### COSMETIC ANTI-AGING FULL DAY PACKAGE

#### FULL DAY 450€

Are you looking for a unique experience from a Day Spa? This is the Day Spa Package for you, non-invasive Cosmetic treatments, giving instant results. Experience the unique combination of the Healing waters of Vidago and MCCM Medical Cosmetic treatments. Enjoy the extensive Day Spa facilities, using the vitality pool to relax and revitalize your senses. Begin your day with an intensive Vitamin C body peeling followed by a Vidago Water Vichy treatment. Relax a while before experiencing the 110 minutes of scientifically designed Anti-aging body treatments using the latest mesotherapy technology combined with cosmetic lymphatic drainage. Take a

break from the therapy to enjoy the relaxing surroundings, taste the tantalizing creations from Chef's Spa Lounge Menu. Completing your day with 80 minutes of Facial therapy, see the instant effects of the Botox Effect Facial. A day of complete rejuvenation

#### REVIVE HALF DAY PACKAGE HALF DAY 175€

Feeling in need of a 'pick-me-up' this is the perfect package to boost your wellbeing. Spend a day enjoying the benefits of the Vidago Day Spa facilities, including the Vitality Pool to rejuvenate mind and body. Begin your therapy experience with an energizing Vidago water Vichy Shower followed by a reviving body scrub. Relax at our Spa lounge and discover the tantalizing tastes of Vidago Water with one





of Chef's delicious creations. Ready for an afternoon of pampering? Complete your experience with a therapeutic 50 minute real aromatherapy massage and a mini facial, to restore health and vitality.

**DE-STRESS HALF DAY PACKAGE    HALF DAY 175€**

Is it time to leave the stresses of daily life behind you? This is the perfect get-away experience for you.

Experience the powerful jets at the vitality pool and enjoy the exquisite surroundings of the Vidago Spa. Immerse yourself in a warm re-mineralizing Vidago water hydro bath and allow all your stress and tension to dissolve away before experiencing the benefits of a full-body exfoliation. Once

you are feeling calm and cosy, relax and enjoy one of Chef's delicious creations at the Spa Lounge whilst looking forward to an afternoon of pampering. A 50 minute de-stressing massage and mini aromatherapy facial, using highly therapeutic essential oil blends, will help clear your mind, focus your thoughts and leave your complexion visibly soft, smooth and revitalized.





## TRADITIONAL VIDAGO SPA WATER THERAPIES

*The traditional Vidago Spa Water therapies are renowned for their healing and medical benefits, including digestive conditions, muscular aches and pains, Rheumatic and Nervous conditions, assists in increasing metabolism, cardiovascular ailments and skin conditions. Under the expert guidance of our medical team you will be advised a personalized treatment programme that adapts to your specific needs.*

### FEES:

Dr. Consultation	50 €
Join fee	20 €
Check Up	30 €

	Single use	7 days	14 days
Hydropinic	10.00 €	50.00 €	80.00 €
Simple Immersion bath (10m)	20.00 €	126.00 €	238.00 €
Jet Blitz - General (10m)	20.00 €	126.00 €	238.00 €
Jet Biltz - Lumbar (10m)	20.00 €	126.00 €	238.00 €
Parcial Vichy shower (25m)	35.00 €	220.00 €	416.00 €
General Vichy Shower (40m)	50.00 €	315.00 €	595.00 €
Hydromassage (25m)	35.00 €	220.00 €	416.00 €
Hydromassage w/ Aerobath (25m)	35.00 €	220.00 €	416.00 €





## VIDAGO SPA INFORMATION

OPEN EVERY DAY FROM 9AM TO 9PM

The use of the spa is reserved for guests over the age of 16.

### Spa Reservations

We kindly request that all reservations are made in advance, reservations are subject to availability, and we will make every effort to accommodate your request.

Spa Packages require 48 hour advance booking prior to check-in.

### DAY SPA GUESTS (NON RESIDENT)

When making your reservation, we will request your credit card details as confirmation of your reservation.

### WHAT TO WEAR

Robes and slippers are provided. Please bring your swimwear for the Vidago Water spa experience. Disposable under garments will be provided for all body treatments.

### HOTEL RESIDENTS

Robes and slippers are provided in your room. Feel free to wear them in the spa. We encourage our clients to leave all valuables in the bedroom. However, should you require them, small lockers are available.





## GENERAL SPA ETIQUETTE

Vidago spa offers a unique location, offering relaxation tranquillity and utmost privacy. In order to achieve this, and for the respect of other spa guests, the use of mobile phones, cameras and computers when in the spa is not permitted. We also kindly request that you maintain the noise level to a minimum whilst in the spa's facilities and during treatments.

- For any enquiries or information regarding the spa, please dial the 'SPA' button on your telephone display.
- Please arrive a minimum of 30 minutes prior to your treatment, in order to complete your health assessment form and take time to relax in our tranquil surroundings before and after your treatment.
- We have a wonderful selection of nutritious juices and food selections, which can be prepared for you to enjoy after your treatment.
- All treatments can be charged to your room, and can be paid at the time of check out, we also take credit card payments and cash. Cheques are not accepted.

- We recommend that you do not sunbathe after any treatment for a minimum of twenty-four hours.
- Nudity in the spa area is not permitted. We kindly request that appropriate swimwear is worn at all times.
- For men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking or alcohol consumption is not permitted in the spa.

## CANCELLATION POLICY

To cancel reservations at the Spa we require a 24 hour notice period, to avoid any charges.

If less than 24 hours, 70% of the treatment value will be charged.

No show will be charged at 100% of the treatment price.

