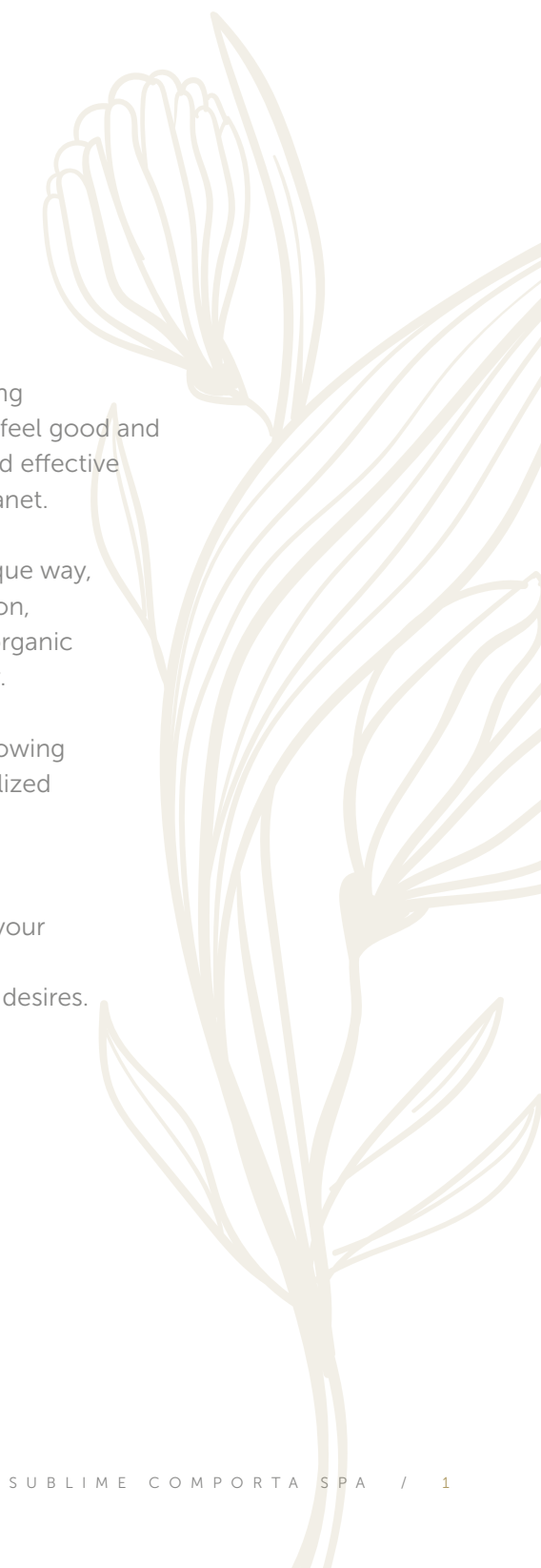
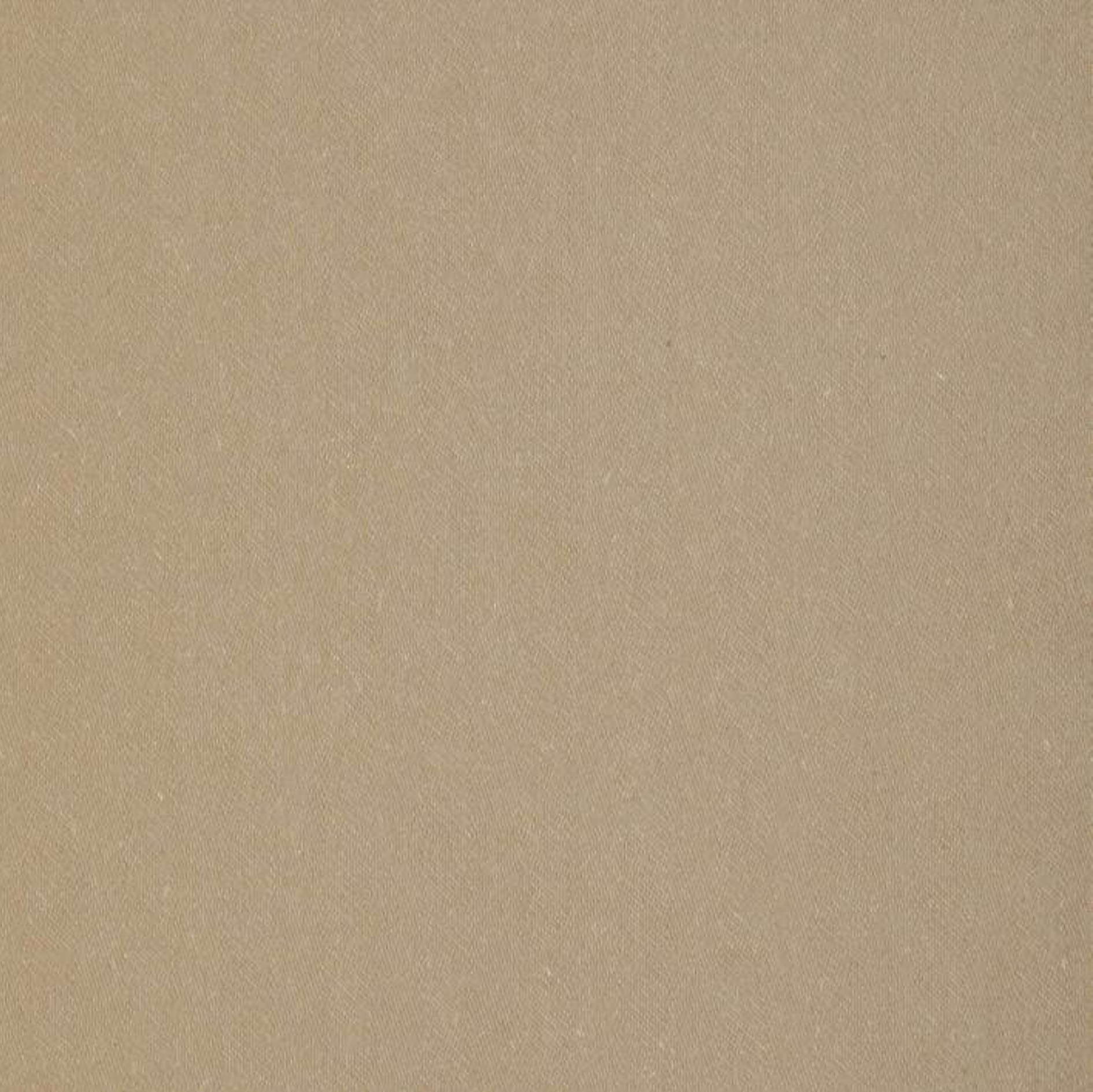


Sublime

S P A

Discover the art of relaxation



S P A M E N U

At Sublime SPA we value Nature as the principle and foundation for well-being and life. Here, we believe that Nature offers us all the necessary elements to feel good and transmit well-being and beauty. We are committed to providing excellent and effective experiences in the purest and most responsible way for both you and our planet.

Our goal is to offer emotional balance in a completely personalized and unique way, aiming to enrich each experience. We strive to use ingredients from the region, plants harvested daily from our Organic Garden, and cosmetic brands with organic certification that promote environmental awareness and planet sustainability.

Our purpose is to transport you back to your roots with each experience, allowing you to rediscover your true essence. In each carefully designed and personalized well-being experience, tailored to the needs of each individual, we honor the primordial wisdom of Nature and its wonderful gifts in their purest state.

We are committed to delivering an unforgettable experience that surpasses your expectations. Our team is dedicated to your well-being and will go above and beyond to ensure that your visit is personalized to your preferences and desires. Contact our SPA team to discover how we can create a customized spa experience just for you.

SUBLIME SIGNATURE RITUALS

The Sublime Massage

80m | 215€

Indulge in our signature custom massage tailored to your specific needs. After a thorough consultation, our therapist will performance a massage with various techniques, pressure levels and focus areas to address your unique concerns. The exclusive Sublime Essential Oil Blend is specially crafted with a harmonious combination of carefully chosen organic essential oils, a unique blend designed to leave your body and mind in a state of pure bliss.

Our Land

110m | 245€

Experience pure bliss as your therapist incorporates a gentle exfoliation using rice and the finest carob sourced from our Portuguese fields, followed by a unique massage technique using small, handcrafted ceramic pots. Their smooth and delicate touch gliding over your skin, combined with the nourishing properties of almond oil, creates a truly luxurious experience.

Bonding (two persons)

50m | 260€

80m | 380€

A couple's moment that creates an unforgettable, unwinding and de-stressing experience, side-by-side. This exquisite ritual creates a sense of harmony and connection as you and your partner indulge in a relaxing massage, embarking on a sensory journey that will awaken all your senses.





TAILORED MADE MESSAGES

Each massage session is tailored to your specific needs, ranging from 50 minutes to 80 minutes, ensuring you have ample time to experience the full benefits of your customized massage.

Stress Relief

50m | 125€

80m | 180€

Escape from the pressures of everyday life with our stress relief custom massage. Our therapist will employ a combination of relaxation techniques and gentle strokes to melt away stress and tension. This massage aims to promote deep relaxation, improve sleep quality, and restore a sense of calm and serenity.

Deep Tissue

50m | 145€

80m | 195€

The deep tissue massage is ideal for those seeking focused relief of muscle tension. Our therapist will utilize targeted techniques and deep pressure to release tension and knots in deeper layers of muscle tissue, providing profound relaxation and muscle rejuvenation.

Sport | Therapeutic

50m | 165€

80m | 210€

Designed for athletes and active people, this massage focuses on performance to reduce recovery time, and prevent injuries. It will incorporate sport massage techniques, stretching and targeting areas of discomfort or muscle tightness to alleviate pain, increase flexibility and promote overall muscle recovery.

SPECIAL MOMENTS

Mom-to-be

50m | 145€

Tailored specifically for expectant mothers during the second and third trimesters, this massage offers a soothing and nurturing experience. Your therapist will use only pregnancy-safe oils, gentle techniques, and appropriate positioning to alleviate pregnancy-related discomfort, reduce swelling and promote relaxation. Enjoy a peaceful and calming prenatal moment that supports well-being during this special time.

Gift of Life

50m | 145€

80m | 195€

Whether it's "me time" or as a gift to someone special, this is the perfect experience for a unique and relaxing moment. A comforting massage with a candle made by a local artisan, using 100% organic ingredients, is an amazing way to celebrate life.





RITUAIS by GROUND

Grounding**50m | 155€****80m | 205€**

Absolute surrender and return to the source: An ideal ritual to soothe mental anxiety and burnout, with a sacred time to allow for healing. This treatment will provide you with the space and time to tap into your body's ability to self-repair and re-align, and will leave you feeling replenished and grounded in your body. Focused especially on the back of the body and the areas that are prone to tightness and tension, your therapist will perform this treatment in long, flowing movements, working the full length of the body.

Option 80m: with Scalp & Facial Gua Sha Massage.

Sleep**80m | 205€**

Rest is central to wellbeing. Developed to soothe physical fatigue, exhaustion and jet lag, this ritual serves one purpose: to guide the mind and body into deep slumber. Soothing, flowing massage techniques and pressure points, combined with mindful breathwork, help to induce deeper breathing and encourage rest.

Balancing**80m | 205€**

Empowering and supporting through hormone change during perimenopause and menopause. Designed with women in mind, this hands-on approach to wellbeing is truly holistic. Each treatment commences with an aromatherapy foot bath and breathwork, and uses cold stone massage therapy, Gua Sha, reflexology and lymphatic drainage - this unique and purposeful massage will bring alignment and balance when going through this change and experiencing the symptoms of menopause at any stage.



FACE CARE

Organic Customize Facial**50m | 160€**

A luxurious facial that harnesses the power of nature to rejuvenate your skin, with carefully selected organic products that work in harmony with your skin's natural processes, helping to nourish, hydrate, and restore its radiance. Each step of the treatment is designed to provide a holistic and transformative experience, leaving your skin feeling refreshed, renewed, and visibly revitalized.

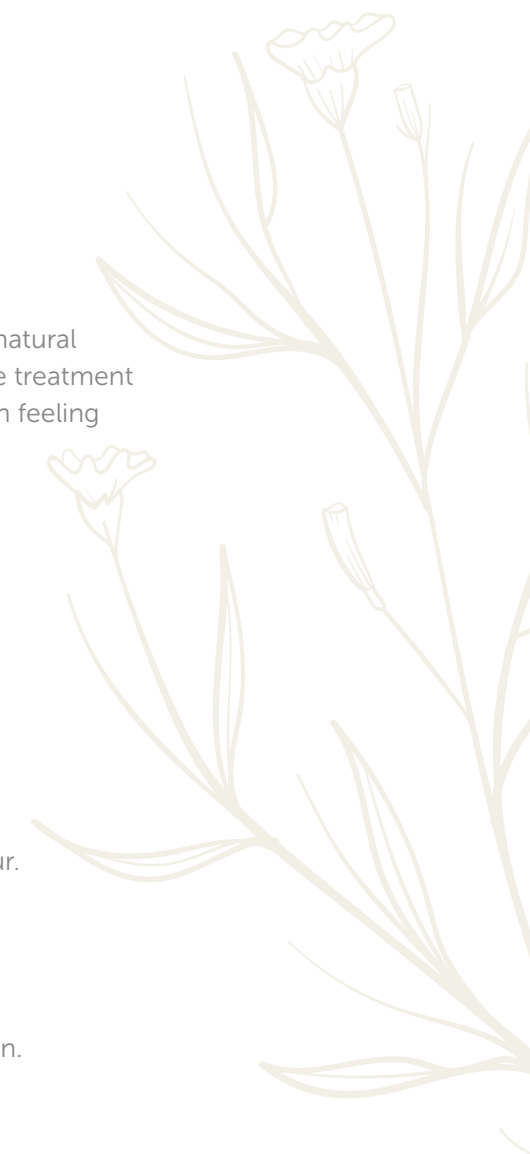
Choose between:

Purifying (oily skin)**Soothing** (sensitive skin)**Intense Hydration** (dry skin)**The Sublime Facial – Lift & Firm****50m | 190€**

A treatment that restores skin firmness with immediate visible results. Stimulates cell renewal, reduces wrinkles, and restores tone to the facial contour.

Facial add – ons: Steam & Extraction**25m | 55€**

A gentle steam to open the pores, allowing for deep cleansing and detoxification. With extractions to remove impurities, blackheads, and congestion, leaving your skin refreshed and rejuvenated.



BODY CARE

Slimming

50m | 155€

80m | 205€

A reducing, revitalizing, and remodeling massage that offers a vigorous and profound increase in metabolic activity, resulting in the release of stagnation and toxins, promoting overall reactivation of circulation and relaxation of muscle tissues. It also restores proper intestinal function.

Toning

50m | 155€

80m | 205€

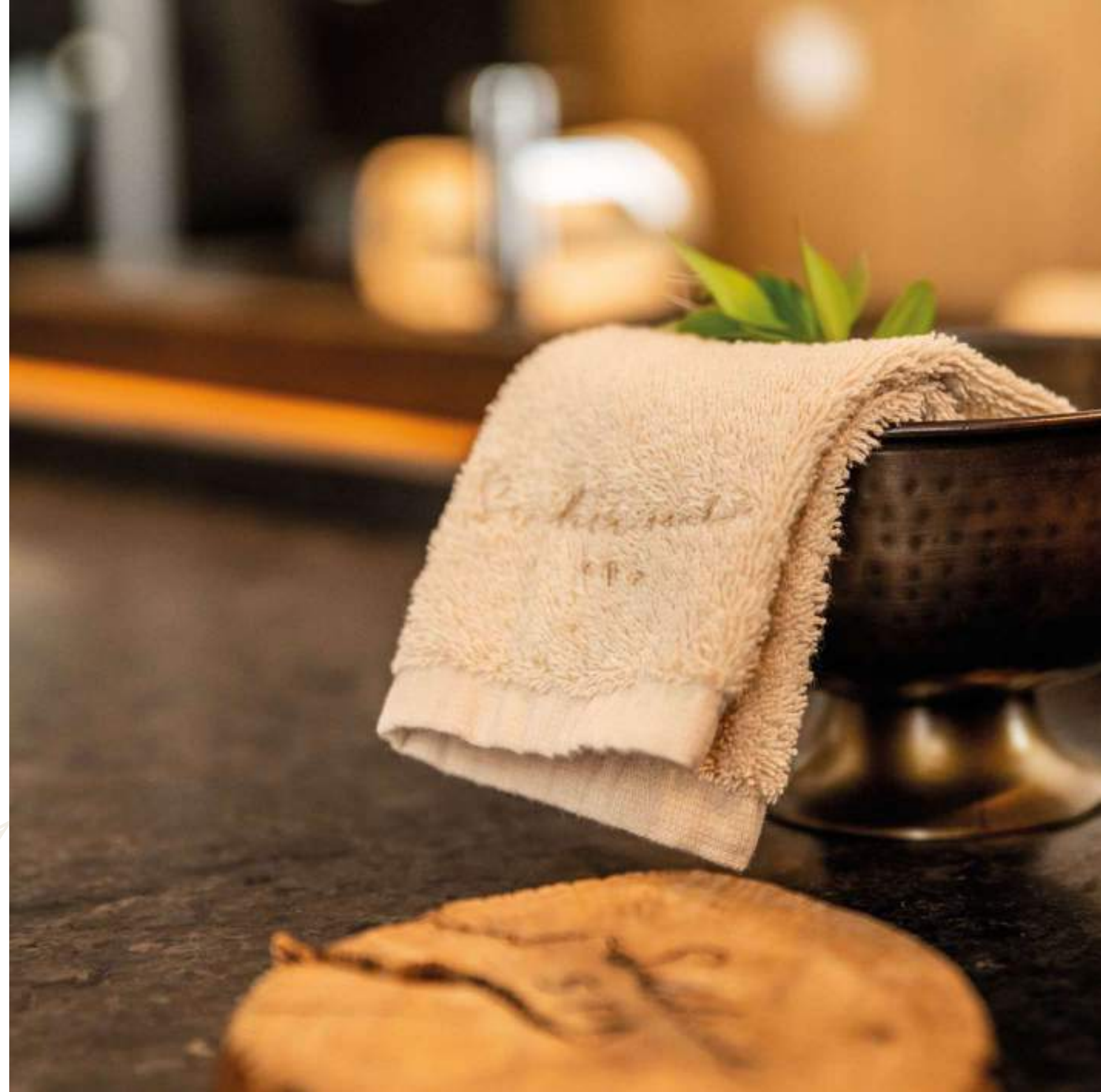
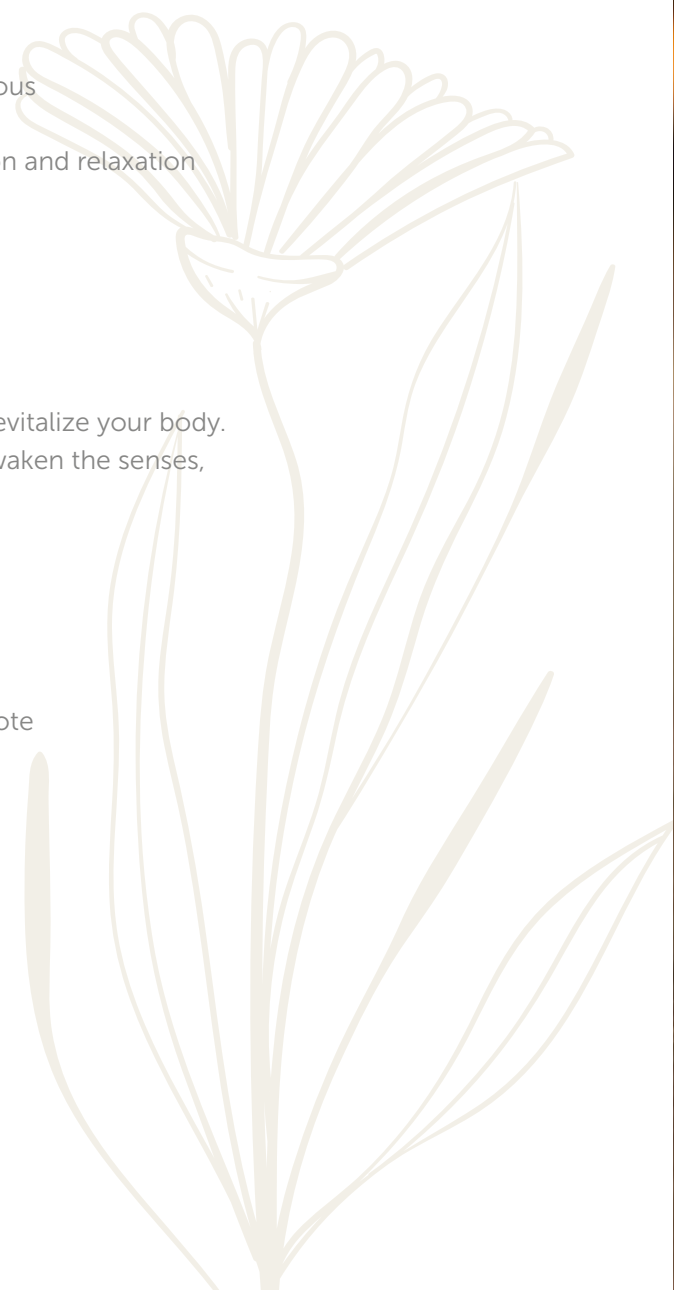
The perfect uplifting and rejuvenating experience to recharge and revitalize your body. Through skilled massage techniques, this massage is designed to awaken the senses, improve circulation, and promote a sense of overall well-being.

Detox & Draining

50m | 155€

80m | 205€

A powerful massage that combines specialized techniques to promote the detoxification process aimed at eliminating harmful toxins. This treatment aims to purify the body, improve circulation and enhance overall skin quality.





ADD - O N S

Enhancements that can be added to an existing spa service to intensify the overall experience.

Eye Treatment

15m | 45€

A tailored treatment that addresses your specific concerns and targets the signs of fatigue, stress, and ageing.

Scalp Massage

25m | 55€

Using his fingertips, the therapist will apply gentle pressure and rhythmic movements to your scalp, targeting specific areas to release built-up stress and ease away any discomfort.

Hands, Arms & Shoulders Massage

25m | 55€

Focuses on releasing tension and promoting deep relaxation in these often neglected areas. A combination of techniques leaving you feeling refreshed and renewed.



ADD - ONS

Foot and Legs Massage**25m | 55€**

Relieve tiredness and tension, providing deep relaxation and revitalization for your feet and legs, pampering you from toe to thigh.

Body Scrub**35m | 65€**

Our Portuguese salt is known for its mineral-rich composition, providing gentle exfoliation to remove dead skin cells and reveal a smoother, more radiant complexion. Paired with our hand-picked organic herbs, carefully cultivated in our garden, this scrub offers a sensory delight, delivering a soothing and therapeutic experience.

Body Wrap**35m | 65€**

The ultimate nourishing and rejuvenating experience, a treatment with walnut extract designed to deeply hydrate and replenish your skin, leaving it feeling velvety, smooth and with a healthy glow.

Some of our services are available for performance in the privacy of your Villa or Biopool Suite, with an additional cost of 150€, per guest.

**Gift Voucher**

Surprise and gift someone special with a personalized Sublime SPA Gift Voucher. Provide a unique moment of relaxation and rejuvenation for the body, mind and soul.

VAT included at the current rate and in euros. Prices and services are subject to change without prior notice.





SUBLIME SPA ETIQUETTE

Opening Hours

Daily from 09:00 AM to 9:00 PM

Reservations: For any information or booking requests please contact by e-mail spa.reception@sublimecomporta.pt, or contact the hotel reception and the call will be transfer to the SPA.

Before Arrival: We recommend that our guests leave their valuables in their rooms before coming to the SPA. Sublime SPA is not responsible for any losses. We advise our male guests to shave before each facial treatment to achieve the best results and benefits from the treatments.

Arrival: We encourage our guests to arrive 30 to 40 minutes before their treatment so they can relax and enjoy our facilities. We recommend using the sauna and steam bath before any treatment to prepare the body and skin and optimize the benefits of the entire experience. If you wish to directly enjoy your treatment, we kindly ask you to arrive 15 minutes before your reservation to calmly fill out the Health Form and prepare for your SPA treatment.

Late Arrivals: In order to respect the reservations of all guests, please note that we cannot extend your treatment in case of delay.

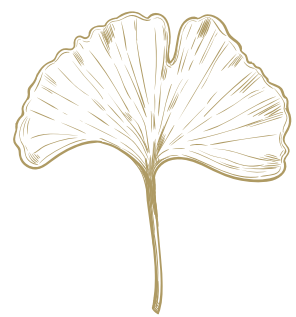
Cancellation Policy: Cancellations made less than 12 hours in advance, no-shows, or changes to other times or services of shorter duration will result in full payment of the reservation.

After Your Treatment: To continue your experience at home and take a part of it with you, we offer a variety of products for sale at the SPA reception.

Use of Facilities: We strive to offer you a peaceful and relaxing environment. We kindly request that you respect the needs of other guests by keeping your mobile phones and other electronic devices in your locker. To ensure the privacy of all our guests, capturing photos or videos is not allowed.

Children: The use of all SPA facilities, including the indoor pool, is exclusively for adults aged 18 and older, except during the kid's hours between 9:00 AM and 11:00 AM

We invite our younger guests, aged 12 to 16, to enjoy a variety of treatments in the presence of an adult.



SUBLIME COMPORTA
Country Retreat & SPA

EN 261-1, CCI 3954 Muda
7570-337 Grândola, Portugal

tel: +351 269 44 93 76
info@sublimecomporta.pt

www.sublimecomporta.pt