



**SPA**  
AP ELEMENTS

CARE AND  
HARMONY  
IN THE SMALL  
DETAILS

## RITUALS

### AIR RITUAL - GENTLE BREEZE 80' | 95€

Comforting escape from the gentle breeze of mint and lavender, combined with a localized massage and nourishing facial. Feel light and revitalized!

### WATER - FLOW AND COOL 80' | 95€

Remineralizing dive, starts with a body exfoliation of sea salts, followed by a draining massage to the rhythm of the waves. It recharges minerals and releases tension.

### FIRE - REINVIGORATE 80' | 95€

Warm embrace of volcanic stones combined with deep and relaxing massage techniques with the energizing properties of the essential oils of pepper and palm rose. Feel refreshed!

### EARTH - RECONNECT BODY AND SOUL 80' | 95€

Travel through the aromas of the earth, in a detoxifying pinda sweda massage with the properties of coffee, lemongrass and tangerine leaf essential oil. Reconnect body and soul.

### ELEMENTA FOR 2 50' | €130

Awaken the senses in a couple's experience. Pure relaxation in an atmosphere of bergamot and sandalwood essential oils.

## FACIALS

### DEEP NUTRITION 50' | 75€

Nourishing facial, composed of active ingredients obtained from fruits such as Mango, Papaya Cupuaçu. recovers long-lasting hydration by reinforcing the skin's lipid barrier.

### DETOX 50' | 75€

Detoxifying facial, with antioxidant and nourishing properties, promotes the elimination of toxins, in order to rebalance, restore and improve the skin's natural appearance.

### REVITALIZING 50' | 75€

Facial with stimulating properties, rich in acacia extract and collagen that increases the skin's defence system and prevents the loss of tissue support, thus improving signs of aging and skin firmness.

## MASSAGE

### RELAX 25' | 50€ AND 50' | 70€

Relaxing massage with essential oils of orange leaves, provides a feeling of well-being and tranquillity.

### THERAPEUTIC · SPORTS MASSAGE 25' | 60€ AND 50' | 80€

Invigorating massage, combines the properties of balm with deep techniques that acts on muscle decompression.

### HOT STONE 80' | 90€

Relaxing massage that combines the power of the stone's heat with the ultra-relaxing properties of lavender essential oil.

### DRAININGE 50' | 70€ AND 80' | 85€

Massage with drainage techniques. Improves circulation, reduces fluid retention, leaving the skin firmer and smoother.

### GAIA 25' | 45€ E 50' | 65€

A special treat for mums-to-be! Massage created for a calm and serene pregnancy, where the power of touch promotes maximum comfort and relaxation.

## AP ADRIANA SIGNATURE

### ELEMENTS WINE CARE 120' | 140€

Start this journey through the senses, with a foot exfoliation, rich in ingredients that take us back to the vineyard and harvest, then enjoy a relaxing massage with aromatic oils and finish with a facial with antioxidant and relaxing properties. A complete experience that will revitalize the body and mind, also contributing to a rejuvenating effect.

## KIDS

### PARENTS & CHILDREN - FACIAL 25' | 75€

### PARENTS & CHILDREN - MASSAGE 25' | 70€

OPENING HOURS: 10:00 - 18:00

For appointments in Wellness  
wellness.adriana@ap-hotelsresorts.com

  
HOTELS & RESORTS

Rocha Baixinha . Apdo 6115 . Olhos de Água  
8200-379 Albufeira . Algarve . Portugal . RNET 96