

SPA

AP ELEMENTS

CARE AND HARMONY IN THE SMALL DETAILS

RITUALS

AIR – GENTLE BREEZE - 80' | 95€

An inviting retreat combining a targeted massage with a highly nourishing facial, enhanced by the soothing aroma of essential oils. Emerge feeling light and revitalized.

WATER – FLOW AND REFRESH - 80' | 95€

A remineralizing journey starting with a sea salt body exfoliation, followed by a draining massage flowing with the rhythm of the waves. Replenishes minerals and eases tension.

FIRE – INVIGORATING 80' | 95€

Experience the warm embrace of volcanic stones, paired with deep, tension-relieving massage techniques and the energizing, revitalizing effects of essential oils. Leave feeling fully refreshed!

TERRA – RECONNECT BODY AND SOUL - 80' | 95€

A journey through the aromas of the earth, in a perfect synergy between the comforting warmth of herbal compresses and the revitalizing power of an algae facial. Reconnect body and mind.

MOMENT FOR TWO

ELEMENTS FOR TWO 50' | 135€

Awaken your senses together with a massage of gentle, flowing movements. Disconnect from the world and reconnect with each other.

DEEP HARMONY 50' | 155€

Experience a shared moment of profound renewal, easing body tension together through slow, deep massage techniques. Emerge feeling lighter and perfectly in sync.

FACIALS

DEEP NOURISHMENT 50' | 75€

Provides intensive, long-lasting hydration and helps strengthen the skin's natural lipid barrier.

DETOX 50' | 75€

A detoxifying facial enriched with antioxidants and nutrients, helping to eliminate toxins while restoring balance and enhancing the skin's natural radiance.

ANTI-AGE 50' | 75€

Stimulating facial that strengthens the skin's natural defenses, helps maintain tissue support, and improves signs of aging while enhancing skin firmness.

BODY TREATMENTS

BODY SCRUB 40' | 60€

Invigorating sea salt scrub that stimulates cellular renewal, leaving your skin feeling soft, smooth, and rejuvenated.

DETOX FOOT SPA 35' | 50€

Soft exfoliation followed by a relaxing massage, leaving your feet feeling light, refreshed, and completely relaxed.

FIRMING AND ELASTICITY 50' | 75€

Performed on a heated water table, this treatment offers a relaxing, draining experience enhanced by chromotherapy, promoting deep mind and body relaxation. Enriched with active ingredients, it helps to firm and tone the skin.

DRAINING & DETOXIFYING 50' | 75€

A soothing body treatment that combines active ingredients with detoxifying and purifying properties, promoting the reduction of fluid retention.

WELLNESS PROGRAMS

1-DAY SPA CIRCUIT - 80€ | HALF DAY 40€ | ONE HOUR 25€ [Non-Resident Clients]

Heated pool with hydrotherapy jets, Jacuzzi, Turkish bath, sauna and contrast shower.

MAMMA MIA 50€ (Per person - minimum of 4 people)

Welcome drink, selection of canapés and 5-hour access to the Spa Circuit

MASSAGE

RELAX 25' | 50€ AND 50' | 70€

Relaxing massage with bergamot, tangerine, and palmarosa essential oils, for a soothing and tranquil experience.

CANDLE MASSAGE 50' | 85€

Indulge in a moment of pure luxury and relaxation, with a deeply soothing and nourishing massage. A full sensory journey awaits.

SPORTS MASSAGE 25' | 60€

Revitalizing targeted massage that blends the benefits of a muscle-relaxing balm with deep tissue techniques, delivering instant muscle relief.

BACK AND NECK 25' | 65€ & 50' | 85€

Therapeutic massage targeting the back, shoulders, and neck, employing deep, invigorating techniques with revitalizing essential oils for instant muscle relief.

FAMILY TIME

MAGIC FOR TWO 30' | 85€ [1 adult with 1 child under 12 years]

Relax and unwind together, sharing a soothing moment with your favorite companion.

MOM-TO-BE 25' | 45€ & 50' | 65€ [From week 14 of pregnancy]

A special pampering experience for moms-to-be! This massage is tailored to support a calm and serene pregnancy, using the power of touch to ensure ultimate comfort and relaxation.

MINI RELAX HEROES 25' | 45€ [Children up to 12 years]

Little ones can relax after busy days of play with a soothing massage, using gentle techniques and movements.

AP LAGO MONTARGIL SIGNATURE

SERENITY ELEMENTS 80' | 130€

Enjoy a pampering body exfoliation that refreshes the skin on your body and face, followed by a nourishing body wrap and facial mask, and completed with a deeply relaxing hydration treatment.

MIX & MATCH 50' | 90€

A therapeutic and relaxing massage, ideal for easing muscle tension, using a personalized blend of techniques and oils to suit your needs.

SCHEDULE: 09:00 - 19:00

for appointments: + 351 242 241 252

Calling the National Fixed Network
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HOTELS & RESORTS

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