

# SPA

AP ELEMENTS

## CARE AND HARMONY IN THE SMALL DETAILS

### RITUALS

#### AIR - GENTLE BREEZE - 80' | 105€

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' | 105€

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' | 105€

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' | 105€

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' | 145€

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

#### DEEP HARMONY 50' | 160€

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' | 80€

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

#### DETOX 50' | 80€

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' | 80€

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' | 70€

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

#### DETOX FOOT SPA 35' | 70€

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

#### DRAINING & DETOXIFYING 50' | 85€

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 50€ | ONE HOUR 35€ [Non-Resident Clients]

Heated pool with hydrotherapy jets, Jacuzzi, 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' | 60€ AND 50' | 80€

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

#### CANDLE MASSAGE 50' | 90€

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

#### SPORTS MASSAGE 25' | 65€

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' | 90€

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' | 50€ & 50' | 70€ [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' | 135€

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' | 95€

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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