

Signature

All signature treatments at Estética are adapted according to the clients needs. After each treatment we recommend a home care package to continue the experience in the comfort of your own home. Each signature treatment begins with a herbal tea & foot ritual. This sensory journey is designed to restore your mind & balance your body. Below are some of the rituals you can choose at Estética.

Earth Treatment

A warming wellness ritual. Designed to place your feet firmly on the ground. Begin with a body exfoliation, followed by a massage using warm volcanic stones to energise & relax.

Soothing Treatment

Be soothed by the healing touch of water, start this relaxing experience with a body exfoliation, followed by a massage & a 30 minute facial.

Face & Body Treatment

A head to toe experience designed for total relaxation & skin rebalancing. Experience a nurturing foot & scalp treatment, a fully customised facial & back massage.

Hand, Face & Foot Treatment

Specialised facial treatment to bring about radiant & smooth skin. Then a rejuvenating & nurturing manicure & pedicure with exfoliation, polishes & masks will soften, renew tired hands & feet.

ESTÉTICA

Packages

Half Day Package

This half day treatment starts with a body exfoliation scrub, after which, lie back and enjoy a personalised facial followed by a spa pedicure. Any tension still felt will be eased away with an Indian Head Massage.

Bridal Packages

All the essentials for your special day, a spa manicure with gel nail colour application (nail colour will last for up to 3 weeks), spa pedicure, body exfoliation to leave your skin soft and smooth, and finally to relax and calm you an Aromatherapy Facial and Back massage.

Mother-to-Be Treatments

Comforting, cocooning, safe pre-natal treatment for the expectant mum, releasing anxieties and leaving you with inner strength and peace. Can be done from 16 weeks onwards.

Treatments for Men

Anti Ageing Facial

An intelligent anti ageing facial that adapts to super boost the skin. This mens facial is prescribed to protect against the harsh, ageing effects of shaving and environmental damage, this is the ultimate overhaul for male skin.

Urban Cleanse Facial

A high performance complexion cleanse for total skin care defence. This super-grooming facial decongests the skin, working overtime to eliminate blocked pores, neutralise impurities and reduce sensitivity.

Policies

Cancellation Fee: Please note that our treatments are booked especially for you with one of our professionally trained therapists. A 12 hour cancellation notice is required for all bookings, otherwise 50% of the total treatment will be charged.

Late Arrivals: Your treatment duration will be reduced accordingly and the full price charged.



esticas1@hotmail.com

Facial Treatments

Estética's Facial Treatments concentrate on time & renewal. Your therapist will discuss what facial treatment best suit your skin and ensure that your experience is nurturing & relaxing.

Total Youth Facial

Look years younger and feel radiant. A spring clean of the areas that show the signs of ageing. The use of fruit acids help to gently exfoliate and eliminate premature signs of ageing.

Botox Facial

This exceptional face & eye treatment helps to slow down the signs of premature ageing, reduces lines & wrinkles.

Instant Radiance Facial

For an instant radiance, a choice of hydrating, purifying or firming masks. An ampoule treatment completes the facial.

S.O.S Purifying Facial

This powerful purifying face & eye treatment helps absorb excess sebum, regulate & balance the function of the skin.

Vitality Facial

For a powerful skin recharge, this facial will bring back the glow to dull and lifeless complexions.

Caviar and Retinol Facial

A fantastic anti ageing treatment rich in caviar and retinol. Extremely nourishing and hydrating and will improve premature signs of ageing.

Matis Privilege Treatment

Absolute indulgence. Ultimate treatment combining lymphatic drainage and our instant radiance face print mask. Also included is a foot and hand treatment with peel and massage.



Body Treatments

Relaxing Back Massage

A massage of upper and lower back to relieve tension, stress and muscular discomfort.

Deep Tissue Muscle Massage

Focusing to relieve specific stress and muscle tension, this deep rhythmic pressure massage gives the whole body a vigorous workout. This treatment is tailor made to suit your individual needs.

Swedish Body Massage

This perfect antidote to a stressful lifestyle, relaxes the mind and restores the body equilibrium, easing deep tissue tension and improving circulation.

Indian Head Massage

Increases blood flow to the scalp, relieves tension and headaches. Excellent for dry scalp and migraine sufferers. It is an extremely relaxing treatment.

Body Wraps

All of the Wrap Treatments start with a relaxing Foot Ritual. You are given a choice of body exfoliations to suit your senses and mood. This is followed by a massage with pure aromatic oils & finally, your treatment is completed with a Body Wrap of your choice.

- Slimming Wrap ■ Perfect Sculpture ■ Detoxifying Vitaminic Wrap
- Sheer Delight Wrap ■ Holistic Replenishing Wrap ■ Holistic Balancing Wrap

Body Scrubs

Containing Sea Weed extract, herbs and aromatherapy oils will be used to remove dead skin cells for better penetration of oils. This treatment would be used prior to any body treatment.

Aromatherapy

Essential oils from some of the worlds most exotic flowers and plants that have been used for centuries for their powerful penetrating fragrances and healing properties. A brief consultation will take care of your senses and needs.



Specialised Body

Hot Stone Therapy

Smooth warm volcanic stones, are used to create a cleansing, harmonizing and soothing effect on the body. Leaving you feeling energised.

Poultice Massage

Enjoy the very latest in massage techniques. This is an ancient Indian massage technique in which Aromatherapy oils and warm Muslin bags containing herbal blends are used to leave you feeling rebalanced and relaxed.

Thai Yoga Massage

The harmony between the client and the therapists movements is highly therapeutic and relieving on back pain, knee pain, headaches and full body detoxing, allowing body energy to flow freely.

Beauty Essentials

Hands & Feet

- Basic Manicure ■ Basic Pedicure ■ Spa manicure ■ Spa pedicure
- File and Re-varnish ■ French Manicure

Hair Removal

Cold wax is used for the majority of waxing, we recommend the use of hot wax for bikini & underarm waxing. Full, Half leg, bikini, brazilian & back waxes are available.

Gel Nails

We can rebuild broken or damaged nails or give them a completely natural healthy look, to complete a beautifully groomed appearance. For a longer lasting nail polish, gel nail colour is also available.

Self Tan Application / Sunless Bronze

An exfoliation treatment is done first to remove dry dead skin leaving the skin soft and glowing, then an application of self tan cream is applied evenly over the whole body and left to dry for a few minutes.



ESTÉTICA

Four Seasons
Country Club
Quinta do Lago
Tel: 289 357154
Ext: 154

FACIALS

| | | |
|---|-------|---------|
| Total Youth Facial | | 98.00€ |
| Botox Facial | | 98.00€ |
| Instant Radiance Facial | | 80.00€ |
| S.O.S Purifying Facial / Sensitive Facial | | 80.00€ |
| Vitality Facial | | 70.00€ |
| Caviar and Retinol Facial | | 95.00€ |
| Matis Privilege Treatment | | 110.00€ |
| Basic Matis Facial | | 55.00€ |

BODY

| | | |
|--------------------------------|-------|---------------|
| Relaxing Back Massage | | 40.00€ |
| Deep Tissue Body/Back Massage | | 85.00€/45.00€ |
| Swedish Body Massage | | 58.00€ |
| Indian Head Massage | | 34.00€ |
| Body Wraps | | 80.00€ |
| Body Scrubs | | 45.00€ |
| Aromatherapy - 60 min / 90 min | | 77.00€/95.00€ |

SPECIALISED BODY

| | | |
|-------------------|-------|---------|
| Hot Stone Therapy | | 85.00€ |
| Poultice Massage | | 100.00€ |
| Thai Yoga Massage | | 145.00€ |

PACKAGES

| | | |
|-------------------------|-------|---------|
| Half Day Package | | 160.00€ |
| Bridal Packages | | 160.00€ |
| Mother-to-Be Treatments | | 100.00€ |

MEN'S TREATMENTS

| | | |
|----------------------|-------|--------|
| Anti Ageing Facial | | 65.00€ |
| Urban Cleanse Facial | | 65.00€ |

PRICE LIST

SIGNATURE TREATMENTS

| | |
|-------------------|---------|
| Soothing | 80.00€ |
| Earth | 80.00€ |
| Face & Body | 120.00€ |
| Hand, Face & Foot | 160.00€ |

BEAUTY ESSENTIALS

Hands & Feet

| | |
|---------------------------------------|--------|
| Basic Manicure | 22.00€ |
| Basic Pedicure | 31.00€ |
| Spa manicure | 50.00€ |
| Spa pedicure | 65.00€ |
| File and Re-varnish | 15.00€ |
| French Manicure | 25.00€ |
| Self Tan Application / Sunless Bronze | 48.00€ |

Gel Nails

| | |
|---------------------------|--------|
| Fills | 45.00€ |
| Full set with gel overlay | 80.00€ |

Hair Removal

| | |
|---------------------------|-------------|
| Full leg wax | 26.00€ |
| Half Leg wax | 18.50€ |
| Bikini Wax | from 10.00€ |
| Underarm | 10.00€ |
| Brazilian wax | from 20.00€ |
| Eyebrow wax | 10.00€ |
| Eyebrow & eyelash tinting | 15.00€ |
| Back / chest wax | 20.00€ |
| Lip or chin wax | 10.00€ |

Cancellation Fee: 12 hour cancellation notice is required for all bookings, otherwise 50% of the total treatment will be charged. **Late Arrivals:** Your treatment duration will be reduced accordingly and the full price charged. Gift vouchers are available. **Pricing:** Prices are subject to change and include VAT of 20%.