

## Beauty Essentials

### Hands & Feet

- Basic Manicure **25€**
- OPI Gel **35€**
- Paraffin wax **12€**
- Pedicure **40€**
- OPI Pedicure **45€**
- Medi Pedicure **50€**

Gel removal not done by Estética is an additional.

**5€**

Gel removal with no manicure or re application.

**15€**

*(This includes file and buff)*

### Eyelash/Eyebrow Tinting

For a semi permanent colour. To enhance your own lashes or brows. Brown, black or blue black tint.

- Eye lash tint **18€**
- Eyebrow tint & shape **18€**
- Both together **30€**

- LVL lashes for lift, volume and length **48€**
- Henna Brows complete reshaping and design **45€**
- Brow lamination **30€**

### Lash Extensions

Individual lashes

Classic Natural look **from 30€**

### Hair Removal

- Half leg wax **20€**
- Hollywood **35€**
- Brazilian **25€**
- Bikini wax **20€**
- Underarm wax **15€**
- Eyebrow wax & shape **10€**
- Full leg wax **30€**
- Back wax **20€**
- Lip and chin wax **15€**

## Package Treatments

### De Stress Treatment

**90€**

This De stress treatment gives you a combination of Face and Body treatments. To relax and warm your muscles the treatment starts with a relaxing hot stone back massage. Followed by an Express facial and an Indian Head Massage.

### Mother-to-Be

**98€**

Comforting and cocooning, safe pre natal treatment for the expectant mum, releasing anxieties and leaving you with inner strength and peace. (Head, back, legs and Feet).

### Package Treatments

5 x Golfers Massage Package **265€**

5 x Full Body Package **375€**

Two Hour Massage combination **150€**

### Quinta Verde

Almancil  
t: 912 560 153

### Four Seasons Country Club

Quinta do Lago  
t: 917 240 555

[www.esteticasalon.pt](http://www.esteticasalon.pt)

esteticas1@hotmail.com

Follow us on  

Chamada para a rede móvel nacional

### Cancellation Fee

A 6 hour cancellation notice is required for all bookings. Otherwise 100% of the total treatment will be charged.

### Late Arrivals

Your Treatment duration will be reduced accordingly and the full price charged.

### Children

Estetica will not do massage treatments on children under 12 years of age.



# ESTÉTICA

## FACE & BODY



## Facial Treatments

PH Formula- Dr. Schrammek & Jane Scrivner

### Facial Treatments

A choice of facials ranging from a simple deep cleanse to more intense facial specifically for your skin type.

from **80€ to 125€**

### Hydra Facial **135€**

The Hydra Facial is a multistep facial treatment system. In one session you can cleanse, exfoliate, extract and hydrate by delivering a variety of rejuvenating serums with visible results.

### Dr Schrammek, the Original Green Peel **150€**

A natural peel with results as good as a chemical peel. A new skin in 5 days. Treatment plus home care products.

### Vitamin C Facial **95€**

Perfect facial for sun damaged skin, lifeless and tired skin with uneven tone strong Anti-Ondant facial.

### Jane Scrivner Facial **95€**

A natural and organic plant-derived facial that restores surface Biome, reconstitutes the acid mantle and repairs barrier function to maintain a healthy skin.

### Micro-Needling

**(1 Treatment) 120€**

**(Course of 4) 400€**

Derma pen used in conjunction with pure cocktails of vitamins and minerals to restore skins collagen and elastin production. Improves overall texture and tone of the skin.

### HIFU Facial Rejuvenation

High Intensive Focused Ultrasound is a non invasive anti-age weapon without undergoing plastic surgery. This treatment stimulates the skin own fibroblasts and collagen.

from **80€/100€ per area**

## Body Treatments

### Back Massage

**45 min 60€**

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

### Deep Tissue Massage **95€**

Focusing to relieve specific stress and muscle tension, this deep rhythmic pressure massage gives the whole body a vigorous workout.

### Relaxing Body Massage **85€**

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

### Indian Head Massage **35€**

Increases blood flow to the scalp, relieves tension and headaches, Excellent for dry scalp and migraine sufferers. It is an extremely relaxing treatment. Ideal treatment when you have a head cold or sinus problems as well.

### Estetica Massage Treats **80€**

Select one of these combinations to relieve your specific needs. Each combination is a 60 minute treatment.

- Relax your extremities with an Indian Head Massage and Reflexology treatment.
- Back neck and shoulder massage, completed with a relaxing scalp massage. Ideal for upper neck and head tension.
- Back massage followed by a reflexology massage to leave you feeling as light as a feather.

### Sports Massage **90/120€** **60/90 min**

Our Therapists are trained to do a remedial massage to remove trapped nerves, muscle problems and alleviate any aches and pains from sports injuries.

## Specialised Body

### Hot Stone Massage **90€**      Reflexology **80€**

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

This Ancient Chinese treatment applies to certain known reflex points located in the feet. Disorders may be treated or prevented.

### Lymphatic Massage **80€**      Herbal Poultice Massage **105€**

Ideal for sluggish and poor circulation of the entire body. This treatment will open lymph glands to increase drainage and the elimination of toxins from tissues.

This relaxing Thai massage is done with herbs and spices, wrapped in a warm muslin cloth, extremely rich in nutrients, restores aching muscles.

### Aromatherapy **90€**      Body Scrubs **35€**

Essential oils from some of the world's 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.

Containing seaweed extract. Herb and aromatherapy oils will be used to remove the dead cells for the better penetration of oils. Leaving the skin well hydrated and smooth.

### Ear Candling **30€**      Body Wrap **85€**

For the relief of sinusitis, headaches, Vertigo, ear pressure from wax build up, hay fever and allergies.

Body exfoliation followed by a Body wrap for your specific needs either Relaxation, Nourishing, Detoxing or Contouring. Finished with an application of final product.