

**SOMA SPA**

## **DOMES LAKE ALGARVE**

*Restoring What Has Been Lost, Leading You To A Stage Of Completeness*

The rituals of the spa treatments and methods of the ancient Greeks, are combined with the most recent healing techniques and results oriented products, to bring the balance of your body to be restored in a place where ancient tradition inspires an aura of vitality, combined with the latest techniques of technology treatments.

We invite you to exit the outside world and achieve a spiritual sensation in each of the spa areas you might choose to escape. The SOMA Spa experience merges traditional Spa techniques in a modern and results oriented approach, through elegance, expertise, with natural, active ingredients.





## **SOMA SPA — OUR PREFERRED BRANDS**

### **ELEMIS**

A skin wellness brand with an aromatherapist's soul, an artist's spirit, and a scientist's commitment to results. An innovative and global British skincare brand with over 30 years of expertise. A brand that believes in "truth in beauty", focusing in delivering proven results with feel-good skincare products combined with cutting-edge patented technology. Nature powers the ELEMIS products: by sourcing natural extracts that catalyse each other and harnessing the power of nature's finest active ingredients, delivering results that you can see and feel, both inside and out.

### **CODAGE PARIS**

Inspired by the Periodic table of elements, CODAGE uses cocktails of active natural ingredients that work synergistically to answer specific needs. Combined and dosed, they bring to the skin essential nutrients to its proper functioning. Each treatment is build as a unique composition of formulas that builds a code or "codage" in French.

## **SIGNATURE SOMA SPA IMMERSION CATHARSIS**

Our SOMA Spa Signature welcome touch brings the aura of Greece into the treatment room. Every treatment begins with the use of a restorative body balm that is lightly massaged to the upper back or décolleté, to bring you to a therapeutically relaxed state of being. We then spray an Aloe Vera Mist high above your head, and perform an "Inhalation Tent" with a few drops of a Lavender and Chamomile Essential Oils. You are then ready to indulge in our bespoke and advanced Face and Body Therapies...

## **SOMA SPA GREEN PROMISE**

We prioritize safety and efficacy when choosing our spa products, therefore we ensure that all our brands make use of natural and clean ingredients, that are formulated with integrity and are sourced ethically respecting the environment. All our products are paraben free and formulated with no use of harmful ingredients for the skin. We also opt for vegan formulations where possible, from natural and sustainably sourced ingredients, in recyclable packaging. As a Wellness brand at SOMA Spa, we believe we have responsibility to the health of your skin and its environment. To minimize our impact, we ensure the minimum use of water within our treatments, and the use of the minimum disposable materials, that are mostly biodegradable or fully recycled. We are taking small steps for now, but we are committed at ensuring both the health of our guests and the environment.

## **SOMA SPA SIGNATURE THERAPIES**

Inspired by the fertile land of Portugal, traditional Massage techniques  
and the therapeutic practices of Massage in Medicine.



## **THE BOTANICAL GARDENS OF PORTUGAL**

75' | €150

Inspired by the history of botanical gardens in Lisbon, this Massage Ritual aims to transport to you a journey of the senses, using a mix of botanical extracts from rosemary, thyme, basil, and lemon, that help begin the detoxification process and reunite the senses. The ritual includes a Full Body Relaxing Massage and rounds up with a Booster Facial that gives you an immediate glow and radiance. A true indulgence for your body, skin, and soul.

## **THE SEA WAVES – MUSCLE-EASE BODY MASSAGE & WRAP**

60' | €125

Especially recommended for anyone suffering from aches and stiffness, this full body massage will ease tense muscles and bring harmony to body and mind, providing a relief in chronic pain and inflammation. You are then cocooned into a soothing body wrap whilst enjoying a head and scalp massage, a great way to calm down and ease your mental state.

## **CBD RELAXING MASSAGE**

60' | €130

This CBD Massage is particularly focusing on further easing pain and inflammation, thereby speeding up recovery. Your brain's endocannabinoid receptors recognize the compound when it enters through the skin, therefore the endocannabinoid system is stimulated, which plays a role in immune function, digestion, mood, and sleep. The body is shifted to a rest-and-digest state and by massaging the areas of concern, we encourage the body to surrender all toxins and enter a maximum relaxation state.

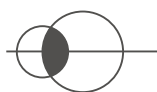
## **HIPPOCRATIC THERAPEUTIC MASSAGE**

60' | €125

This Massage Ritual is based on the Massage Principles of Hippocrates, an advocate of Massage. Hippocrates referred to massage as friction or rubbings, and that it should have the effect of relaxing, constricting, thickening, and thinning. With a healing approach this massage focuses on Head & Neck as the crown of the body, feet as the base of the body and the abdomen, centre of the body aiming to a healthier system, through targeted detox and cleansing. An all-rounded therapeutic experience, that ends with a mist of Aloe Vera water to awaken the body and spirit.

## **MASSAGE THERAPIES**

Advanced massage sequences  
to unwind and re-charge.



### **ELEMIS DEEP TISSUE MASSAGE**

30' — €75 | 60' — €125 | 90' — €155

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns. Muscle pain, stress relief, pure relaxation, or emotional balance. As effective as an hour's stretching but so much more nurturing.

### **ELEMIS AROMATHERAPY SWEDISH MASSAGE**

60' — €120 | 90' — €150

This is a lavishly hydrating body massage based on the concept of aromatherapy. The skin is anointed with nourishing oils chosen to uplift your spirit, relax your senses, empower your strength, or calm you down whilst a Bespoke massage comforts the skin in all its glory. Skin is left exquisitely moisturised, intensely supple, and deliciously scented.

### **CODAGE CONTOURING & LYMPHATIC DRAINAGE MASSAGE**

60' — €125

This massage uses controlled pressure and rhythmic circular movements that are used to stimulate the lymph flow and encourage the natural drainage of the lymph system. It is recommended for detoxification, to reduce water retention and combat cellulite. Excellent for discomfort and those that want to detox through an excellent massage ritual.

### **ELEMIS AROMA HOT STONE MASSAGE**

60' — €125 | 90' — €155

Balinese stones bathed in the intensely moisturising Frangipani Monoi Body Oil are worked over the body deep into the muscles, getting into areas of tension, persuading the muscles to release their trapped energy. The result is sparkling vitality with the bonus of an intensely hydrated skin.

### **ELEMIS PEACEFUL PREGNANCY MASSAGE**

75' | €140

Tried and tested safe massage techniques are combined and adapted to each stage of pregnancy. Helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet while easing the mind and uplifting the spirit. Must be more than 12 weeks pregnant.



## **THERAGUN BODY TREATMENT**

60' | €130

This massage releases stress, eases muscle tension, boosts circulation and improves mobility. It targets the areas of concern uses percussive massage therapy to treat muscle soreness and relieve pain. The tool has increasingly been used by (and found effective for) everyone including professional athletes.

## **HEAD & SCALP MASSAGE WITH HAIR OIL TREATMENT**

30' | €80

Warm oil is massaged throughout the scalp working to relax tight muscles in the temple and neck regions. This treatment promotes a therapeutic action to the hair using an oil blend that combines Coconut, Sweet Almond, Baobab, Macadamia, Apricot, Hazelnut, Grape Seed, and Pomegranate. We recommend that you keep the hair oil on your head for at least one-hour post treatment, before you wash off, to ensure a deep therapeutic action.

## **RELAXING FOOT MASSAGE**

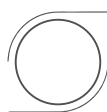
30' — €75 | 60' — €120

Massaging the feet can bring you to a deep state of relaxation. Also releases any blockages that can holding back energy that should be flowing through the body freely. This ritual can be combined with any massage from our menu.

## **THERAGUN ADD-ON — €10**

## **FACIAL TREATMENTS**

Using hands as the strongest diagnostic tool in combination with precise massage techniques and pure natural active ingredients.



## **CODAGE HAUTE COUTURE FACIAL**

*Your Line-fighting Superhero Facial*

30' — €85 | 60' — €120

This is a luxury, custom treatment for the face, neck and décolleté that targets and answers all your desires and needs. The customized Facial Couture treatment begins with a comprehensive skin diagnosis. Your skin is like new, deeply, and lastingly regenerated with the help of a personalized combination of high-performance CODAGE serums and specific massage techniques.

## **ELEMIS PRO-GLOW RESURFACE**

*Resurfacing For Stunningly Smooth Skin*

60' | €120

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

## **ELEMIS PRO-GLOW SMOOTH**

*The Hiit Workout For Your Skin*

60' | €120

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

## **ELEMIS PRO-GLOW FACIAL WORKOUT**

*Your Line-fighting Superhero Facial*

60' | €130

This is a cardio session for your face that tones, tightens and sculpts the facial contour. Using the ELEMIS Sculpting wands we help encourage micro-circulation and at the same time help penetrate the active ingredients to the deeper levels of the epidermis. The Ultra Smart Eye Tools target puffiness and dark circles around the eye area and the ELEMIS Jowl & Chin Signature Massage helps firm and tighten the area around the chin. This facial workout simulates blood circulation, promotes collagen production, and visibly tones and lifts the facial contour. Powered by TheraFace-Pro using, Microcurrent, LED light, Cryo & Thermal Technologies.

## **ELEMIS PRO-GLOW GENIUS FACIAL**

*Your Line-fighting Superhero Facial*

75' | €150

Clinically proven intelligent skincare and a triple-level approach to skin hydration results in transformative results for younger-looking skin. With a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, the skin will be visibly smoother, resilient, and firmer looking. An unsurpassed, line-fighting facial experience, the skin will appear immediately firmer and more radiant after just one treatment.

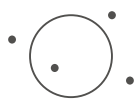
### **ADD-ONS**

*Complementary Treatment*

DÉESSE PRO Red LED Therapy	10' — €30
Scalp Massage	10' — €20
Foot Massage	10' — €20
Shoulder & Décolleté Massage	10' — €20

## **BODY THERAPY**

Detox, re-shape and nourish with our high-performance  
body therapy.



## SKIN DETOX & SLIMMING

### THE SUGAR, MACADAMIA & SHEA BUTTER BODY EXFOLIATION

45' | €85

This full-body scrub, infused with Sugar, Macadamia, and Shea Butter, eliminates dead skin cells, refines skin texture, revitalizes, and reawakens the skin. Particularly suited for those who wish to exalt the beauty of their skin. The treatment is rounded off by the personalized application of concentrated body milk that gives vitality to the skin.

### ELEMIS INTENSELY CLEANSING SALT SCRUB

*Lime & Ginger or Frangipani*

45' | €85

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Perfect choice to even your suntan.

### ELEMIS CELLUTOX SEAWEED DETOX & CELLULITE WRAP

75' | €150

Detoxify and kick-start your body. Let your thoughts drift away whilst cocooned in a comforting wrap of rich marine algae and detoxifying Juniper and Lemon. Enjoy a facial massage and de-stress scalp treatment or soothing foot massage. Helps refine the appearance of cellulite and relieve, the discomfort of fluid retention.

### ELEMIS TARGETED CONTOURING & TONING TREATMENT

30' — €90 / 90' — €170

A targeted sculpting massage that kick-starts the micro-circulation, promoting a smoother silhouette. A cooling rubberised mask, rich in super-detoxing caffeine and green clay is applied to problem areas, whilst clinically proven Red Algae redefines areas prone to sagging. (CHOOSE A LOCALISED TREATMENT: ARMS, HIPS & THIGHS, OR ABDOMEN / FOR 30' TREATMENT CHOOSE ONE AREA AND FOR 90' CHOOSE TWO AREAS).

### BODY & MIND TREATMENT

120' | €195

Your journey combines the perfect balanced, complete, and holistic experience, starting with a full body scrub continues with a back hot stones massage with CBD oil to work your specific areas of concern to release tension and stress muscles, followed by foot massage to release healing energy a concludes with our head and scalp massage to balance the nervous system.

## HANDS & FEET



SPA PEDICURE — €65

A full pedicure treatment to soothe your tired feet, including exfoliation, foot mask and a relaxing foot massage, followed by an application of nail varnish of your choice.

SPA MANICURE — €45

A full manicure treatment including exfoliation, nourishing hand mask and a soothing hand massage, followed by an application of nail varnish of your choice.

SOAK-OFF POLISH — €20

GEL FILE & PAINT (HANDS OR FEET) — 30' / €45

FILE & PAINT (HANDS OR FEET) — 30' / €30



## **SPA PACKAGES**

Targeted spa experiences for a holistic and 3D approach  
to wellness and well-being.



## **SPA LOVERS**

120' — €420 (for both)

This ritual provides a totally romantic moment for couples, is a true sanctuary of well-being, a refuge that invites you to pure relaxation and beauty. This treatment combines side by side a 90-minute-deep tissue massage and relaxing foot massage to release healing with pressure of specific points. This journey will only end after a scalp, neck, and shoulder massage to remove stress and restore the general well-being.

## **MOMENT FOR TWO**

120' — €430 (for both)

Creating timeless memories. Your journey together starts with a relaxing full body massage combined with a body wrap to leave your skin fully hydrate and nourish. Your journey continues with a side-by-side personalized facial, transported you on a journey of serenity.

## **SOMA SPA BRIDE SPA RITUALS**

120' — €255

Special moments for special occasions. This treatment is focused on celebrating one of the most important moments in a bride's life. Your pampering will begin with the body exfoliation followed by a relaxing massage and ending in a facial with LED therapy.

## **SOMA SPA GROOM SPA RITUALS**

120' — €255

The perfect relaxation to soothe the body and mind of a groom who wants to feel as good on the inside as he does on the outside. This treatment begins with a body exfoliation followed by a deep tissue massage to relieve muscle stress and finalize with a facial treatment to balance the skin with a LED Therapy.

## DETOX & CONTOURING PACKAGE

3 days — €490

Day 1

30' Body Exfoliation + 75' Cellutox Aroma Spa Detox Wrap

Day 2

60' Contouring & Drainage Massage + 20' Impact Therapy

Day 3

60' Pro-Glow Smooth Facial + 30' Targeted Contouring Body Treatment  
(*one area on the body*)

## PRO-AGEING BOOTCAMP

3 days — €460

Day 1

60' Pro-Glow Workout Facial + 15' LED Face Therapy

Day 2

60' Contouring & Drainage Massage + 30' Targeted Slimming Body Treatment  
(*one area on the body*)

Day 3

30' Body Exfoliation + 60' Pro-Glow Smooth Facial

## GENERAL SPA ETIQUETTE



Soma Spa and its environs are strictly no smoking areas. We do not allow mobile phones in our customer areas, please leave them switched on in your room. This is the time for your body and mind to release the worries and stresses of the day. Please conduct all conversations at levels consistent with a relaxing Spa environment.

Please leave all items of value in your locker. The Spa is not responsible for loss of or damage to a guest's personal belongings. Always shower before using pool facilities and between heat rooms. A robe and slippers should be worn in all common areas and swimwear is compulsory in all Thermae heat rooms and whilst sunbathing.

Please ensure you drink plenty of fluid to rehydrate after use of our heat treatments and that alcohol and coffee consumption is kept to a minimum. All guests will be required to complete and sign a Health & Lifestyle Questionnaire upon arrival, prior to entrance to the treatment rooms. If you have a gift voucher, please remember to bring this with you on the day to hand to Spa Reception. All treatment rooms are subject to availability.

Please notify us at least 24 hours in advance for any cancellations. Any cancellation or rescheduling with less than 24 hours of notice or no-show appointments, will result in the the full cost of scheduled service to be charged.

## WHEN TAKING A TREATMENT



Please arrive in good time to enjoy the facilities and ensure that you are ready to be collected by your therapist at the allotted time. Time lost through late arrival will result in a shortened or amended treatment being offered without refund. Underwear or suitable swimwear should be worn going into the treatment room and during treatments.

For some treatments you will be provided with disposable undergarments by your therapist, and suitable towel draping will be used at all times. During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm.

Your comfort and care is our greatest concern and priority. If you have a particular injury or physical condition, please explain it to the therapist. They can suggest appropriate adjustments to the treatment for your comfort and enhancement.

There is no pressure to talk during a treatment. It is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cues from you. If you are quiet they will be too.

We hope you enjoy this interlude of pampering and relaxation.  
Your comments are always welcome.



DOMES LAKE  
ALGARVE PORTUGAL

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AUTOGRAPH COLLECTION®  
HOTELS