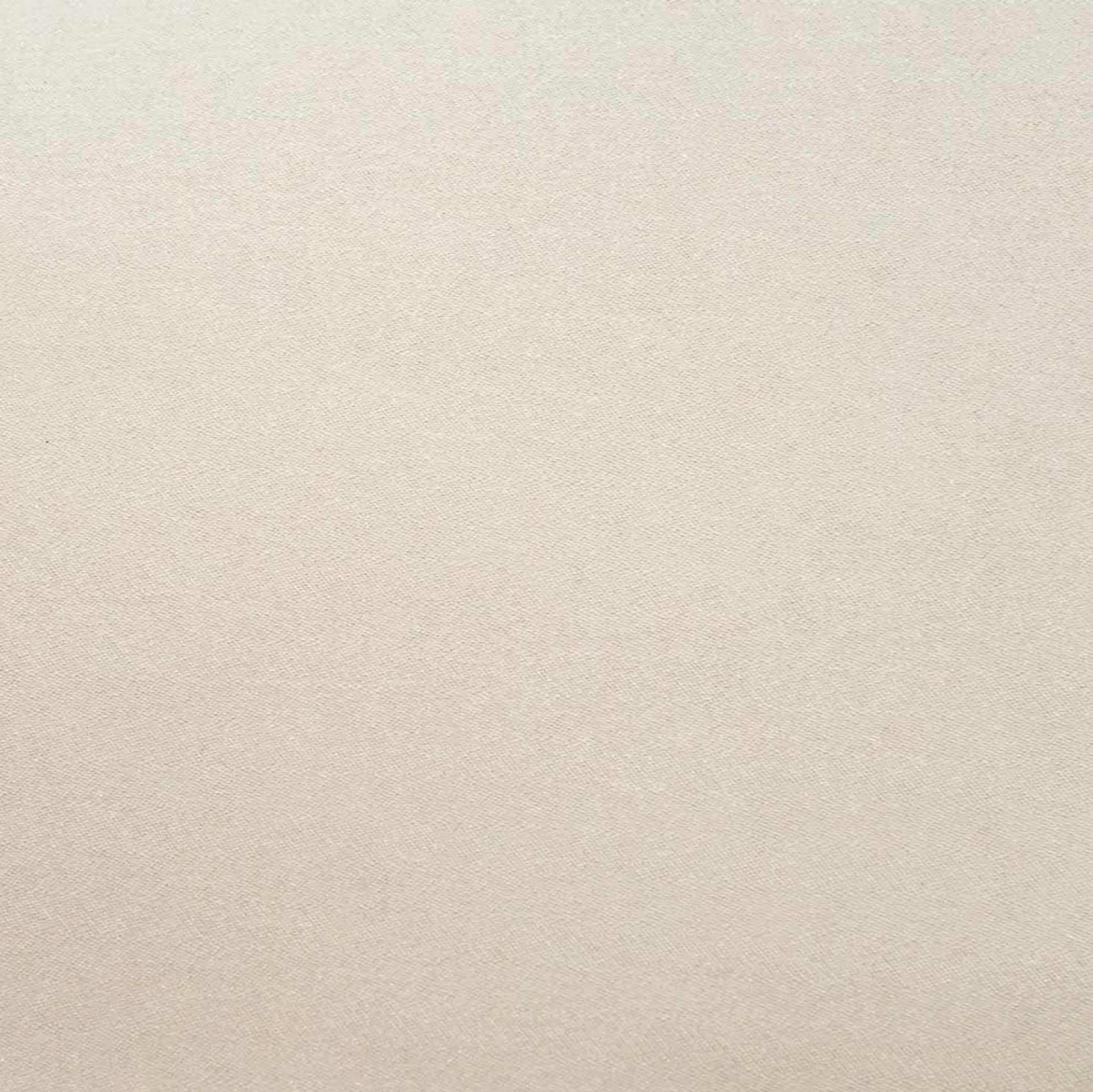


Sublime

S P A



Responsible Wellness and Skincare.





Responsible Wellness and Skincare

At Sublime Spa we see Nature as the foundation of Wellness and Life. We believe that Nature provides us with everything we need to feel and radiate Wellness and Beauty. As we feel responsible for your skin and well-being we are committed to deliver excellence and effectiveness in the purest and most conscious way to you and to our planet.

It is our aim to deliver beauty, well-being and emotional balance in a personalized and unique way so as to enrich each experience. We use locally sourced ingredients, local rice and sea salt, freshly harvested whole plants, sustainably cultivated and grown in our Organic Garden, certified organic pure essential and vegetable oils and we have chosen one of the most efficient organic and sustainable cosmetic brands in the world - Amala Organic Skincare.

Our goal is to bring you back to your roots, to rediscover the person you aspire to be. Exclusively designed and tailored to your own needs, in each Wellness Experience we honor Nature's wisdom and its magnificent offerings in its purest state, enhancing natural beauty with a holistic approach that embraces and respects the individual and benefits the world. At Sublime Spa discover all that is still authentic and genuine in Portugal, take a deep breath, reconnect with Nature and enjoy the rhythm of "slow living".



Services marked with this icon may be enjoyed in the comfort of your Hotel room/Villa or at our Outdoor Yoga Pavillion for an additional fee. Always subject to advanced request and availability.



Services marked with this icon are suitable for pregnancy. However please note that these treatments are only recommended after the first trimester.

Signature Oil Blends

At Sublime Spa we know how each person is unique and how each body has different needs. For this reason, we offer the possibility of complementing the chosen massage with different, locally inspired, oil blends combining pure essential oils, extracted from the region's most powerful and beneficial plants in order to enhance the entire Sublime Spa experience.

Within the next pages, under each treatment you will find our recommended oil blend for each therapy. We encourage you to personalize your treatment and select your preferred blend from our different options.

- **Relaxing:** Geranium, Frankincense and Sweet Orange, a comforting and balancing combination of Pure Essential Oils particularly blended to restore a deep sense of inner peace soothing the mind, body and soul.

- **De-Stresser:** A deeply calming synergy with Lavender, Marjoram and Rosemary specially blended to melt away tension while harmonizing the body, mind and soul.

- **Detoxifier:** A natural oil blend with Grapefruit, Cypress and Juniper Essential Oils combined to help promote healthy circulation, drain away toxins and the appearance of cellulite, while rejuvenating and toning the body.

- **Therapeutic:** Our soothing, pain relief therapeutic oil fusion using Camphor, Black Pepper and Eucalyptus is ideal to ease muscle stiffness, reduce inflammation and alleviate pain due to arthritis, exercise or even colds and flu.

Please note that the above Oil Blends are not suitable for pregnancy and may not be recommended in case of allergies or specific skin conditions. Kindly see below our alternatives:

 Organic Almond Oil

 Bio Virgin Coconut Oil

 Organic Jojoba Oil





Sublime Spa Signatures

Inspired by our Organic Garden we use locally sourced ingredients. Our Signature Treatments offer a unique sensorial journey allowing you to experience some of the wellness benefits derived from the best that Comporta has to offer.

Organic Healing Grounds

Homemade steamed Herbal Poultices using local and organic ingredients from Sublime Comporta's Organic Garden and the surrounding area are applied on the body to alleviate muscle stiffness and tightness. The herbs are mixed with organic essential oils and locally sourced ingredients such as rice and sea salt whose properties work together with a customized massage providing a sense of lightness and long lasting deep relaxation.

90 min

The Sublime Massage

This Customized Massage provides a unique experience that is entirely designed to your needs, preferences and current state of well-being. Together with your Therapist you will be able to:

- Choose your preferred Signature oil blend
- Combine different techniques
- Choose the type of pressure
- Determine the main areas of concern to be focused on
- Enjoy the benefits of hot or cold compresses to specific areas of the body

60 min | 90 min

For a few additional moments of pure pampering and relaxation we suggest you look through our "Additions" section further in the Menu.

Sublime Aromatherapy Massages

Inspired by the surroundings of Comporta and our Organic Garden.
All Sublime Aromatherapy Massages are inspired by our Organic Garden and
complemented by selected seasonal herbs picked daily by our Therapists

Full Body Massages



Relaxing

A profound sense of lightness and well-being is restored as long, slow
and harmonious movements melt down the tension from your body and mind.
Our recommendation, Relaxing Oil: Geranium, Frankincense and Sweet Orange
60 min | 90min



Deep Muscular

A combination of firm and deep movements with some of the world's most powerful
ancestral therapeutic massage techniques such as Tui Na and traditional
Balinese massage to target muscle pain and tension.
Our recommendation, De-Stresser: Lavender, Marjoram and Rosemary
60 min | 90min





Detox Toxin Release

A massage combining stimulating and draining techniques designed to release toxins from the body and boost the circulatory system bringing a sense of lightness, reducing the appearance of cellulite and fluid retention.
Our recommendation, Detoxifier: Grapefruit, Cypress and Juniper.
60 min | 90min



Therapeutic

This invigorating Therapeutic or Sports massage combines Acupressure, Trigger Point and key Stretching movements to instigate a deep restorative and relaxing process on the muscles so the energy can flow freely throughout the body.
Our recommendation, Therapeutic Oil: Camphor, Black Pepper and Eucalyptus.
60 min | 90min

Healing Stones

A therapy that combines three crucial elements to induce deep relaxation: the warmth and heat retaining properties of Basalt Lava Stones, a Relaxing or Deep Muscular hands on and Hot Stones massage and the powerful benefits of the Aromatherapy. Using Lavender Essential Oil for Stone Placement on the body's key energy points
Our recommendation, Relaxing or anti stress oil.
90 min

Ayurvedic

A "blind" selection of pure organic essential oils precede this therapy and determine exactly what your body needs at the moment to heal and balance itself. This is then followed by a therapeutic and stimulating massage based on Traditional Indian Medicine - Ayurveda - that combines ancient techniques with stretching movements harmonizing the body's key energy points – Marma Points. This harmonization allows the vital energy to flow freely throughout the body.
90 min



Head, Neck and Shoulder

A relaxing, soothing treatment that includes a targeted massage and light stretching movements to ease accumulated postural tension.
Our recommendation, Relaxing, De-Stresser or Therapeutic Oil Blend.
30 min | 60 min



Tension Soother Back Massage

To improve blood circulation and energy flow this therapeutic treatment starts with the application of warm compresses over the back and is then followed by a specialized massage.
Our recommendation, Relaxing, De-Stresser or Therapeutic Oil Blend.
45 min | 60 min

Lighter Leg & Foot Treatment

A revitalizing foot and lower leg treatment. Feet are soaked and exfoliated with stimulating organic olive stone and salt. Calves and feet are then massaged using stimulating essential oils designed to decongest and enhance the circulation.
60 min



Reflexology Energy Balancing

Reflexology is based on the theory that areas of the feet mirror specific organs and areas of the body. This treatment focuses on pressure point techniques on the feet while specific Crystals with the frequency of the seven energy centers are placed on the body.
30 min | 60 min



Organic Body Treatments

AMALA ORGANIC SKINCARE MEETS SUBLIME SPA

In keeping with our standards, Sublime has chosen to work with renowned Spa brand "Amala". All products are organic thereby contributing to your health and to the environment.

Organic Body Scrubs

30 min



Soothing

A gentle scrub with Olive Oil, rice and a hint of Coconut Oil that will leave the skin soft and smooth and is suitable for the most sensitive skin types.

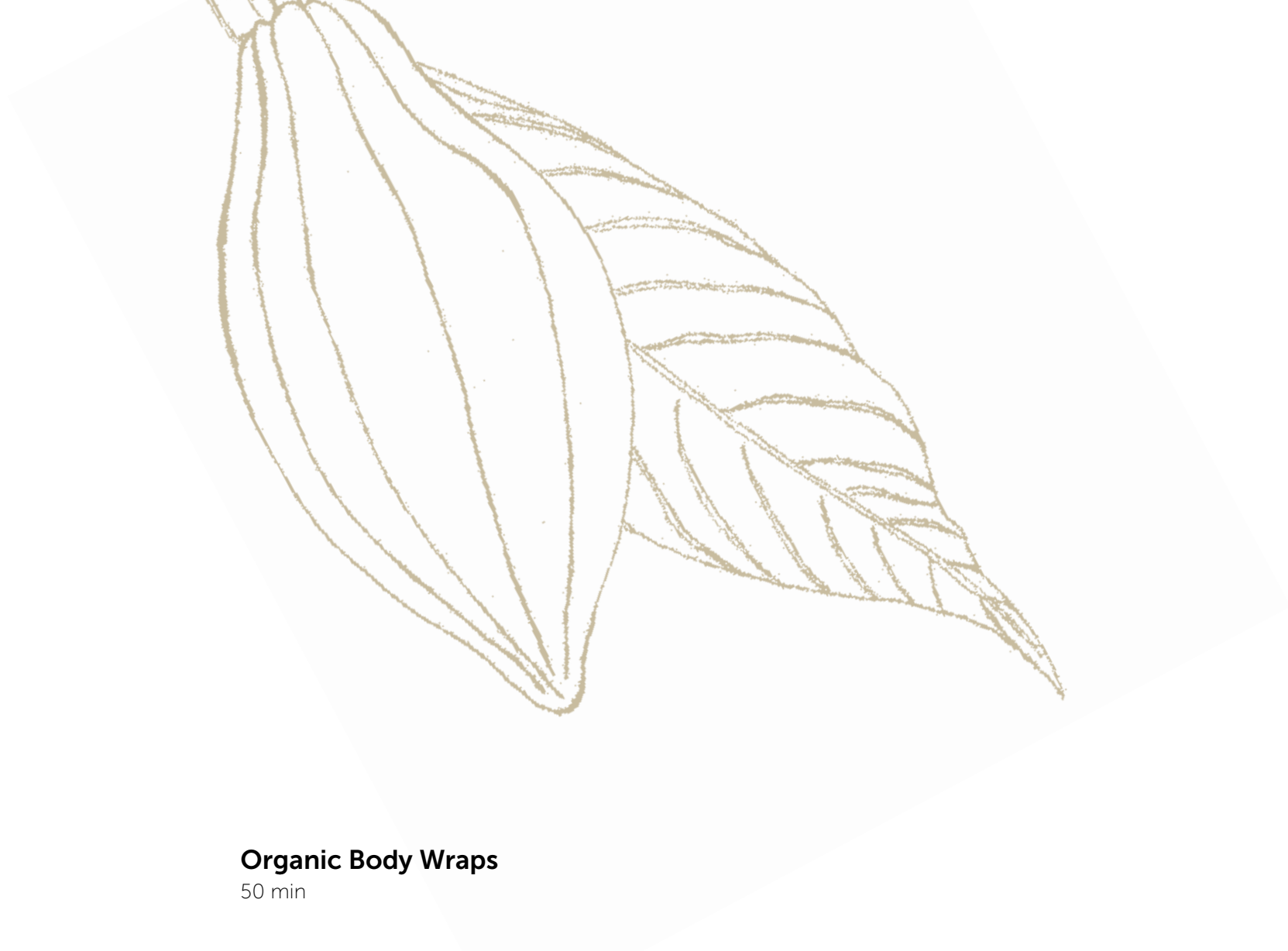
Grounding

A cleansing and relaxing scrub with Lavender and Frankincense infused into natural sea salt will leave the skin beautifully soft and scented.

Stimulating

A mentally and physically stimulating Scrub where Rosemary and Thyme are infused into natural sea salt and Olive Oil.





Organic Body Wraps

50 min



Soothing

Wrapped in a warm nourishing Yogurt-Papaya cocoon with soothing organic Jasmine and Aloe Vera skin will restore lasting hydration and elasticity.

Grounding

Melt all your stresses away with a relaxing and sensory body wrap pampered in pure botanicals: organic Desert Fig Seed Oil, Myrtle and Apricot Kernel Oil.

Stimulating

A body wrap with organic Cocoa Bean, Myrtle, Algae and sun-dried Indian Rhassoul to stimulate your skin.

Organic Facial Treatments

AMALA ORGANIC SKINCARE MEETS SUBLIME SPA

Amala delivers visible, proven and incomparable results for all skin types at any age. Amala's special Ayurvedic Marma Point Massage and harmonizing Rituals combined with pure and 100% organic plant power awaken your best skin – visibly smooth, even-toned and vibrant with fresh youthful radiance.

Customized Facial

60 min



Hydrating

Quench dry, dehydrated skin with the soothing fruits and flowers of Southeast Asia. Organic Fair-Trade Jasmine, along with Papaya, Jojoba, Shea Butter and Aloe Vera will restore lasting hydration and elasticity while protecting the skin from free radical damage.



Purifying

Restore balance, clarity and radiance to skin with a treatment inspired by the healing plants and flowers of Eastern Asia. Organic Blue Lotus, Bamboo, Algae, Ginger and White Tea help control excessive oil production, provide antioxidant protection, soothe and even the skin tone for a pure, clear and healthy complexion.





Rejuvenating

Nourish and revitalize the skin with a facial inspired by the restorative fruits and plants of the Amazon. This facial will firm, smooth and renew elasticity powered by organic Fair-Trade Cocoa Bean, Açai, Buriti, Andiroba and pure organic Hyaluronic Acid.



Soothing

Nourish and revitalize the skin with a facial inspired by the restorative fruits and plants of the Amazon. This facial will firm, smooth and renew elasticity powered by organic Fair-Trade Cocoa Bean, Açai, Buriti, Andiroba and pure organic Hyaluronic Acid.



Brightening

Nature's most powerful skin-brightening facial with powerful organic Fair-Trade Narcissus from Turkey, Algae, Butterfly Bush and Seven Alpine Herbs designed to leave the complexion visibly radiant and even toned. These powerful ingredients boost circulation and fight the appearance of fine lines, correct and prevent hyperpigmentation. Clarity recaptured.

CUSTOMIZED FACIAL TREATMENTS INCLUDE:

Cleansing, Toning, Exfoliation, Harmonizing Facial Massage, Customized Mask (Hand Massage during mask resting time), Specific Customized Serum, Concentrate and Moisturizer.



Nature's Most Pure Facial Deep Cleansing

Blue Lotus and other healing plants and flowers of Eastern Asia, inspired this balancing, clarifying and restorative treatment. Sun-dried Rhassoul is incorporated for its deep-cleansing properties. Amala's Ayurvedic Marma Cleansing Technique combined with Tiger Grass, Green and White Clay, Lemon and Rice Silk provide the essential nutrition and purify the skin as it restores balance.

Treatment includes: Cleansing, Toning, Amala Cleansing Technique (Detoxifying), Exfoliation, Rhassoul Clay Mask, Steam and Extraction, Amala Harmonizing Facial Massage, Customized Mask (Hydrating or Purifying), Scalp and Hand Massage during masks' resting time, Specific Customized Serum, Concentrate and Moisturizer

90 min

Gentleman's Facial Deep Cleansing, Anti-ageing

Finest wild-crafted Blue Lotus from India has come to symbolize purity. Our Gentleman's deeply cleansing and rejuvenating facial employs Blue Lotus, Algae, Bamboo and Ginger to exfoliate and purify the skin and Fair-Trade Cocoa Bean, Buriti and other restorative fruits and plants from the Amazon to smooth fine lines and balance skin's elasticity while providing antioxidant protection.

Treatment includes: Cleansing, Toning, Exfoliation, Amala Harmonizing Massage, Customized Mask (Purifying Clay or Rejuvenating Collagen), Scalp Massage during mask resting time, Specific Customized Serum, Concentrate and Moisturizer.

60 min | 90 min



The Organic Botox Nature's Firming Facial

Nourish and rejuvenate the skin with a facial inspired by restorative fruits and plants of the Amazon and Amala's extraordinary pure Organic Hyaluronic Acid. Fair-Trade Organic Cocoa Bean, Açai, Andiroba, pure Avocado Peptides, Maca Root Peptides and brightening Narcissus stimulate the skin cell renewal and repair the skin's moisture barrier. A refining Sea Algae face mask will firm, brighten and leave the skin with a rosy glow.

Treatment includes: Cleansing, Toning, Exfoliation, Amala Harmonizing Massage, Sea Algae Peel Off Mask, Organic Hyaluronic Acid, Rejuvenating Collagen Mask, Hand and Scalp Massage during masks' resting time, Specific Customized Serum, Concentrate and Moisturizer.

60 min



The Organic Lifting Pure Organic Luxury Rejuvenating Infusion

Lift, nourish and awaken the skin with the purest plant power inspired by plants and fruits of the Amazon, powerful Serums with pure organic Hyaluronic Acid, Vitamin C, Algae and our exclusive blend of potent Pro-Collagen plant peptides. Experience the skin benefits of using purest Organic Seed Oils and purest Sun-dried Sea Algae. This boosting facial leaves the skin less lined, smooth, fresh and younger-looking.

Treatment includes: Cleansing, Toning, Amala Cleansing Technique (Lifting), Exfoliation, Amala Harmonizing Facial Massage, Customized Mask (Collagen or Brightening), Pure Organic Hyaluronic Acid, Sea Algae Peel Off Mask, Scalp and Hand Massage during masks' resting time, Specific Customized Serum, Concentrate and Moisturizer.

90 min



Additions

AMALA ORGANIC SKINCARE MEETS SUBLIME SPA

Our Additions allow each Guest to enjoy a few additional moments of pure pampering and relaxation to their chosen Sublime Spa experiences. The below Additions may only be booked as an add-on service to other treatments.



Rejuvenating Eye Treatment Brightening Treatment | Dark circles, puffiness and fine lines

A deeply relaxing Marma Point Massage combined with Organic Hyaluronic Acid followed by a cooling eye pack with pure Papaya Peptides, rejuvenating Cocoa Bean and calming Rose Water. Restores tone and elasticity and assists in minimizing dark circles, puffiness and fine lines.

Treatment includes: Amala Marma Point Massage around eye contour, Eye Mask with Rejuvenating Eye Cream.

15 min



Scalp Treatment Hair Treatment with pure Rose Water

Close your eyes and enjoy that deep relaxation for body and mind. Feel yourself pampered in an aromatic fragrance of pure Rose Water combined with a de-stress scalp massage and feel your hair full and silky.

Treatment includes: Scalp Massage, Hair Treatment with pure Rose Water.

15 min





Neck and Décolletage Treatment **Lifting & Firming with organic Hyaluronic Acid**

Infused with a pure brightening infusion accompanied with boosting and rejuvenating powerful plants from the Amazon and purest Spirulina, neck and décolletage will lift, firm, rehydrate for a brighter and youthful appearance.

Treatment includes: Toning, Collagen and Spirulina Mask, Rejuvenating Serum with Organic Hyaluronic Acid.

15 min

Brightening Hand Treatment

Soften, smooth and brighten your hands with fruits and plants from Mediterranean. Pure Narcissus, Algae, Raspberry Seeds will deeply hydrate, correct and prevent discoloration.

Treatment includes: Cleansing, Exfoliation, Hand Massage.

20 min

Rituals

AMALA ORGANIC SKINCARE MEETS SUBLIME SPA

As to provide a truly one-of-a-kind Sublime experience we have combined some of Amala's and Sublime Spa most celebrated therapies as one unique journey.

Detoxifying Ritual Detoxifying, Toning & Firming

Start with a gentle, mineral rich Sea Salt and crushed Olive Stone body polish to exfoliate, stimulate and cleanse the skin. Cocooned in a detoxifying body mask with purest Spirulina, Cypress, Myrtle, Algae and Juniper and a special Liver Wrap you feel your body detoxify and restore a healthy tone and texture accompanied by a balancing Head Massage.

Ritual includes: Foot Ritual, Detoxifying Body Scrub and Wrap, Liver Wrap, Head Massage and application of a Firming Body Treatment. Organic Detox Spa Beverage served at the Spa or in the comfort of your hotel room.

90 min



Organic Healing Grounds Ritual

Rehydrate and unwind during this organic full body sensory journey. The Ritual starts with an inhalation ceremony using freshly harvested plants from Sublime Comporta's Organic Garden. After a full body Herbal Poultice massage using local and organic ingredients to alleviate muscle stiffness and tightness, the skin is then infused with the essential nutrients with one of Amala's Customized Facial treatment.

Ritual includes: Inhalation Ceremony, Organic Herbal Poultice Massage (90 minute), Amala's Customized Facial (60 minute) and an Antioxidant Spa Beverage served at the Spa or in the comfort of your hotel room.
2h 30 min

Gentleman's Exclusive

Exclusively thought and designed for gentlemen, this restorative Ritual begins with an invigorating e therapeutic tension soother back massage with one of our Signature oil blends of choice, and it is then followed by a customized rejuvenating facial and an eye treatment targeting tired eyes, dark circles and puffiness that will leave you restored and re-energized.

Ritual includes: Tension Soother Back Massage (45 minute), Deep Cleansing and Rejuvenating Gentleman's Facial Treatment (60 minute) and a Rejuvenating Eye Treatment (15 minute).
2h 00 min





Couples Experience

Take time for yourself, switch off and celebrate this common, extraordinary sensory journey. Immerse into your private hideaway and enjoy. Your experience will begin with a relaxing footbath and a harmonizing Body Ritual. Followed by one of our Sublime Aromatherapy Massages you can lay back and relax. You will then receive a customized result-oriented Amala's Facial treatment with the most powerful and comforting botanicals that will make you feel perfectly balanced and happy.

Ritual includes: Foot Ritual, Harmonizing Body Ritual, Signature Aromatherapy Massage (60 minute), Amala's Customized Facial (60 minute) and an Antioxidant Spa Beverage served at the Spa or in the comfort of your hotel room.

2h 15 min

Your Own Sublime Experience A Ritual especially designed and customized by you

At Sublime Spa we encourage our Guests to customize their Wellness Experience. Together with one of our experts you will be able to select your preferred Experiences from our Spa Menu (minimum 3) and join them together in one complete Ritual specially designed by you, for you.



Beauty

Manicure

Includes Filing, Shaping, Cuticles Removal and Classic Nail Polish Application.
45 min

Sublime Manicure

Includes Hand Treatment, Hand Massage, Filing, Shaping, Cuticles Removal and Classic Nail Polish Application.
1h 15 min

Pedicure

Includes Filing, Shaping, Cuticles Removal and Classic Nail Polish Application.
45 min

Sublime Pedicure

Includes Foot Treatment, Foot Massage, Filing, Shaping, Cuticles Removal and Classic Nail Polish Application.
1h 15 min

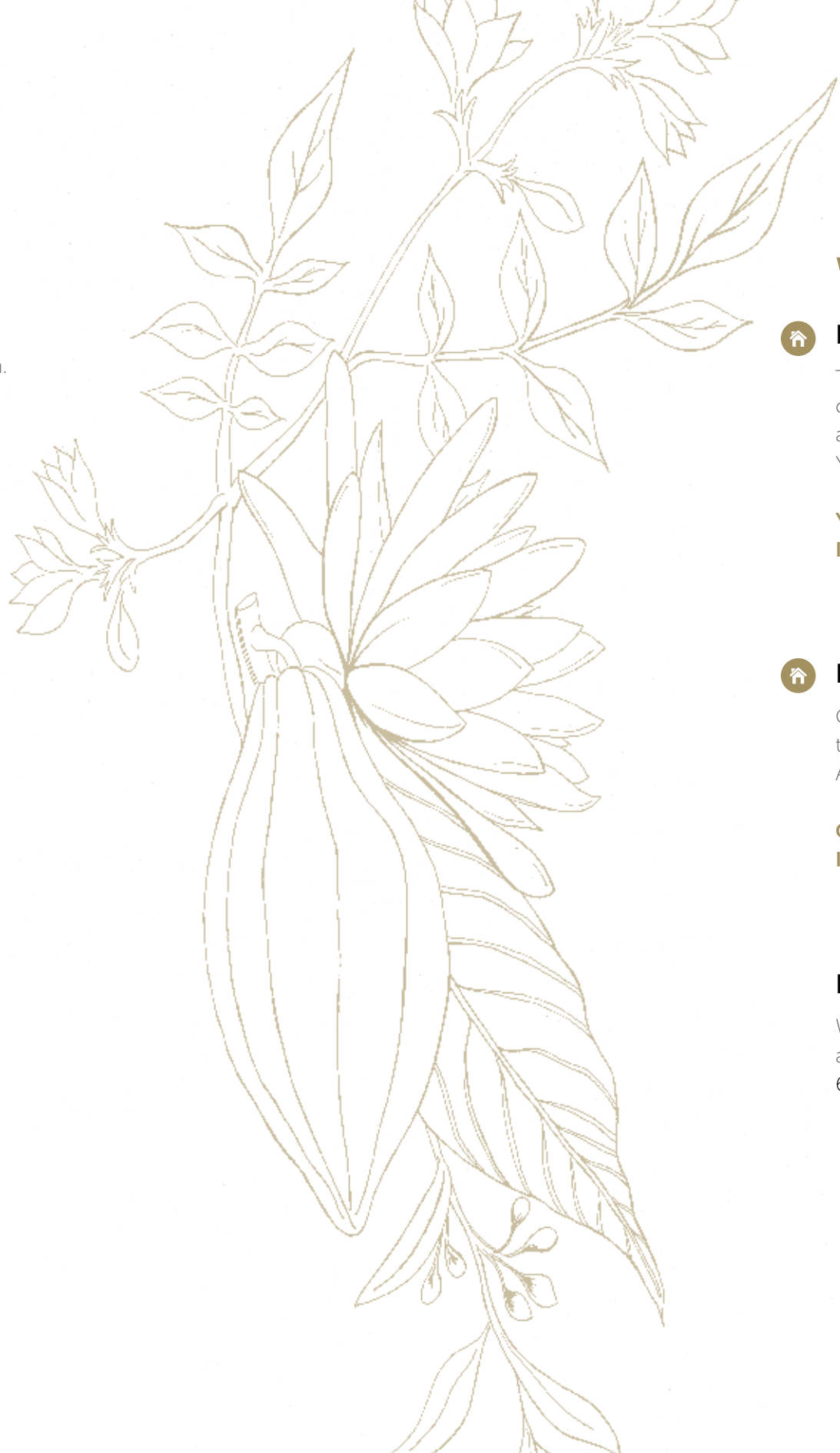
Classic Nail Polish Application

30 min

Gel/Shellac Removal

30 min

Waxing



Wellness & Fitness



Private Personalized Yoga

The session will be entirely personalized for each individual according to your preferences, current state of well-being and level of expertise. Our Yoga Instructors will perform a Yoga Consultation in the beginning in order to design and customize the whole experience. You will also be able to include Meditation, Pranayama or even Tibetan Singing Bowls in each session.

Yoga Pavilion > 60 min

In-House Yoga by Sublime Comporta > 60 min



Private Personal Training

Our Personal Trainer will be able to adapt each session and incorporate several different types of training according to each person's preferences, goals and current state of well-being. An opportunity to keep healthy surrounded by Nature.

Outdoor/Yoga Pavillion > 60 min

In-House Personal Training by Sublime Comporta > 60 min

Private Tennis Lesson

Whether you are a beginner or advanced we offer the possibility of enjoying a Private lesson or a one-on-one lesson surrounded by Nature at Sublime Comporta's tennis court.
60 min

Sublime Spa Etiquette

SPA OPENING HOURS:

Daily 10:00 am to 8:00 pm

During the Summer 10:00 am to 9:00 pm

Spa Reservations: For any Sublime Spa enquiry or reservation please contact the Front Desk and request the call to be transferred to the Spa. Advance bookings are recommended to secure your preferred date and time.

Prior to Arrival: We recommend that you leave all jewelry and valuables in your room before coming to the Spa. We provide lockers where you may keep your belongings during your Spa Experience. We advise our Gentleman to shave prior to all facial treatments in order to enjoy the maximum results and benefits.

Arrival: We encourage our Guests to arrive 30 to 40 minutes prior to your treatment in order to enjoy and relax in our Indoor heated Swimming Pool. We recommend using the sauna and steam bath prior to any treatment in order to prepare the body and enhance the benefits of the entire Experience. In case you would like to come straight for your Spa Experience we kindly request you to arrive 15 minutes prior to your appointment in order to complete a Health Consultation Form and take time to get comfortable for you treatment.

Late Arrivals: In order to respect other Guest's reservations, please be aware that we are unable to extend your treatment in case of late arrivals.

Cancellations: Please allow 6 hours' notice of cancellation in order to avoid a 100 percent charge. Cancellations, modifications to a different service, day or time, lower duration or failure to keep your appointment will also result in a 100 percent charge.

After your Treatment: In order to extend your Sublime Spa Experience at home, a variety of Spa products are available for purchase at the Spa Reception.

Use of Spa Facilities: In consideration to other Guests, smoking of any kind including electronic devices and mobile phone usage are not allowed in the Spa. We kindly request all Guests to be aware of the volume of your voice while in the Spa building.

Children: The Spa's Indoor Pool is exclusive for adults (16 years or older) and for hotel Guests. Children under the age of 16 years old are allowed to enjoy the Spa Indoor Swimming Pool exceptionally during the daily Happy Hour: from 10:00 am to 11:00 am and must be supervised by an adult. Younger Guests from 12 to 16 years old are welcome to enjoy a selection of treatments under the supervision of a parent.

Gym: The Gym is open daily from 6:00 am to 10:00 pm. Children under 16 years must be accompanied by an adult when using the gym equipment.





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Country Retreat & SPA

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