

Eden Spa



TIME TO INDULGE...

Welcome To Our Spa

The Spa at Juicy Oasis is open to all our guests, regardless of whether you have a treatment or not. This calm and serene space has a beautiful indoor hot pool to soak your aching muscles, unique ceiling-mounted cocoons to gently swing you to a place of deep relaxation, and comfy loungers to recline and unwind.

We have a range of wonderful treatments, from relaxing, sensuous massages, cryotherapy and colonic hydrotherapy, through to more advanced clinical therapies, all performed by our highly experienced therapists. Whether you are looking for help with a particular condition/injury or just want to indulge and be pampered, we are sure you won't be disappointed.

Our Products

At Juicy Oasis, we believe that what you put on your skin is pretty important, and so we have partnered with the beautiful Portuguese skincare brand OLIÓFORA. Their products form the foundation of our massage and facial treatments and can be found in all bathrooms/showers for you to enjoy during your stay. We also stock a small range in our shop if you want a little sensory reminder of Juicy Oasis when you get home.

All OLIÓFORA products are formulated using essential oils extracted from raw nuts and seeds. These are then cold pressed to retain essential nutrients and vitamins to nourish your skin.

The aromas from these high quality essential oils are natural, pure and delicious and will leave you feeling indulged and your skin nourished.



BROUGHT TO YOU BY
OLIÓFORA



Relaxing Massages

Pure Bliss: 50 minutes €90, 80 minutes €135

A full-body massage designed to transport you to a place of deep relaxation. Flowing strokes and beautiful oil combine to gently take your entire body and mind to a state of pure bliss!

Hot Stone: 50 minutes €90

A very special full-body massage that utilises the healing power of direct heat. Smooth hot stones are placed on strategic points of the body where the heat is absorbed into the soft tissue. Combined with flowing massage strokes, this treatment relaxes the soft tissue, helps to relieve tight, tense muscles and calms the mind.

Indian Head Massage: 25 minutes €45

A specific massage that focuses on the upper three chakras, paying particular attention to the head, neck, shoulders and face. The result is a balancing of energy and relaxation of the entire body.

Sensuous Hot Candle: 50 minutes €90

This full-body (clothing optional*) massage uses luscious hot oil from a special massage oil candle. Savour the sensation of hot oil being poured over your body and decompress with this beautifully gentle, slow and sensuous massage. Use the eye mask provided so you can really focus the senses and connect with the touch. This is a deeply relaxing experience for the body and mind.

**You are welcome to go clothing-free during the massage, however, this is optional and a covering will be provided. Please note, this massage is sensuous, not sensual!*



Advanced Clinical Massage Therapies

Deep Tissue Massage: 50 minutes €95, 80 minutes €150

This full-body massage uses pressure to manipulate the muscles on a much deeper level than our 'Relaxing Massages'. Similar to sports massage, and the focus is on your muscles, so it is particularly beneficial if you are achy post exercise or are suffering from muscle knots/tightness.

Myofascial Therapy: 50 minutes €95, 80 minutes €150

This therapy is an eclectic mix of the most up-to-date and effective clinical soft tissue techniques, including Myofascial Release; Trigger Point Therapy; Acupressure; Soft Tissue Release; Sports Stretching and even Osteopathy. The aim is to increase the body's range of motion and decrease pain by realigning and balancing the body. This is achieved by working on the three -dimensional web that wraps around the muscular system.

Osteopathy: 50 minutes €95, 80 minutes €150

This treatment focuses on the musculoskeletal framework, including the joints, muscles, ligaments and spine. Neuromuscular Technics; Skeletal Manipulation; Sports Stretching; Cranial, Spinal and Sacrum Bodywork can all be incorporated into this treatment depending on the individual. This therapy aims to release compression, treat injuries and alleviate pain by affecting the body's nervous, circulatory, lymphatic and skeletal systems.

Craniosacral Therapy (CST): 50 minutes €95, 80 minutes €150

A gentle method of releasing restrictions in the craniosacral system (the membranes and cerebrospinal fluid surrounding the spinal cord and brain). This gentle but powerful therapy improves the function of the central nervous system by encouraging the natural flow of fluids through the craniosacral system to reduce stress/tension and improve well-being.

Clinical á la Carte Therapy: 50 minutes €95, 80 minutes €150

If you have a specific injury, condition or area of pain then this treatment allows you to discuss your individual needs with one of our advanced therapists. They will then decide which combination of techniques to apply.

Cryotherapy

Cryotherapy: 1 or 2 sessions €80 each, 3 or more* €65 each

It is well established that ice/cold should be applied at the site of an injury to reduce inflammation and, in turn, reduce pain and aid healing. On a larger scale, cryotherapy treats the entire body and has numerous health benefits. These include helping to alleviate pain associated with inflammatory diseases, boosting energy levels and immunity, to improving circulation, reducing pain/muscle fatigue after exercise and aiding recovery from injury.

"When you go outdoors on a snowy day, your hands and feet and other extremities go numb. This is because the blood is being pumped to your main organs and brain to protect them. Then when you go inside, the blood is flushed back around the system. That's why your hands tingle. When you come out of a cryochamber, the reaction means a huge blood flow to all areas including those which are damaged. The endocrine system is stimulated by the intense cold and releases a host of chemicals including anti-inflammatory markers and pain-relieving hormones. The body also releases feel-good endorphins and adrenaline to help the body in repairing injury."

Dr Colin Crosby - BMI Garden Hospital, London

Cryotherapy rapidly increases the body's metabolic rate. After treatment, stored energy (fat) is used to regulate your temperature and, it's possible to burn 400 - 700 calories during this process. As well as promoting the excess fat metabolism, cryotherapy also delivers a 'feel-good' factor, as blood rich in endorphins rushes through your system.

During the treatment, the body is exposed to temperatures between minus 120 - 160°C for 3 minutes. The average skin temperature will drop to 10°C. However, the core temperature will remain unchanged. It is important to expose as much skin as possible, so you should just wear swimwear.

Please Note: To avoid ice burns, it is incredibly important that you do not enter the chamber with any moisture on the body, i.e, sweaty socks, damp swimwear or sunscreen.

**For injury/inflammatory diseases, 3 or more treatments are recommended.*

Rainforest Indulgence

Exfoliation & Massage : 50 minutes €110

This full-body treatment takes place on the 'Vichy Shower' bed and begins with a coarse salt scrub to exfoliate and remove any dead skin cells before a softer brown sugar scrub is applied for a more gentle exfoliation. This is followed by warm water from the rainforest shower cascading down over your body. Your therapist will wash away the scrub before commencing a soothing oil massage. This is a very unique treatment as you will be simultaneously massaged whilst warm water flows over your entire body.

Exfoliation & Extended Massage Indulgence: 100 minutes €190

Upgrade to include a '*Deep Tissue*' massage instead of '*Pure Bliss*' €195

A glorious combination of the 'Exfoliation & Massage' followed by a 50-minute '*Pure Bliss*' full-body massage. This treatment will leave you in a state of total relaxation and your skin soft, smooth and moisturised.

Face & Feet

Facial : 50 minutes €75

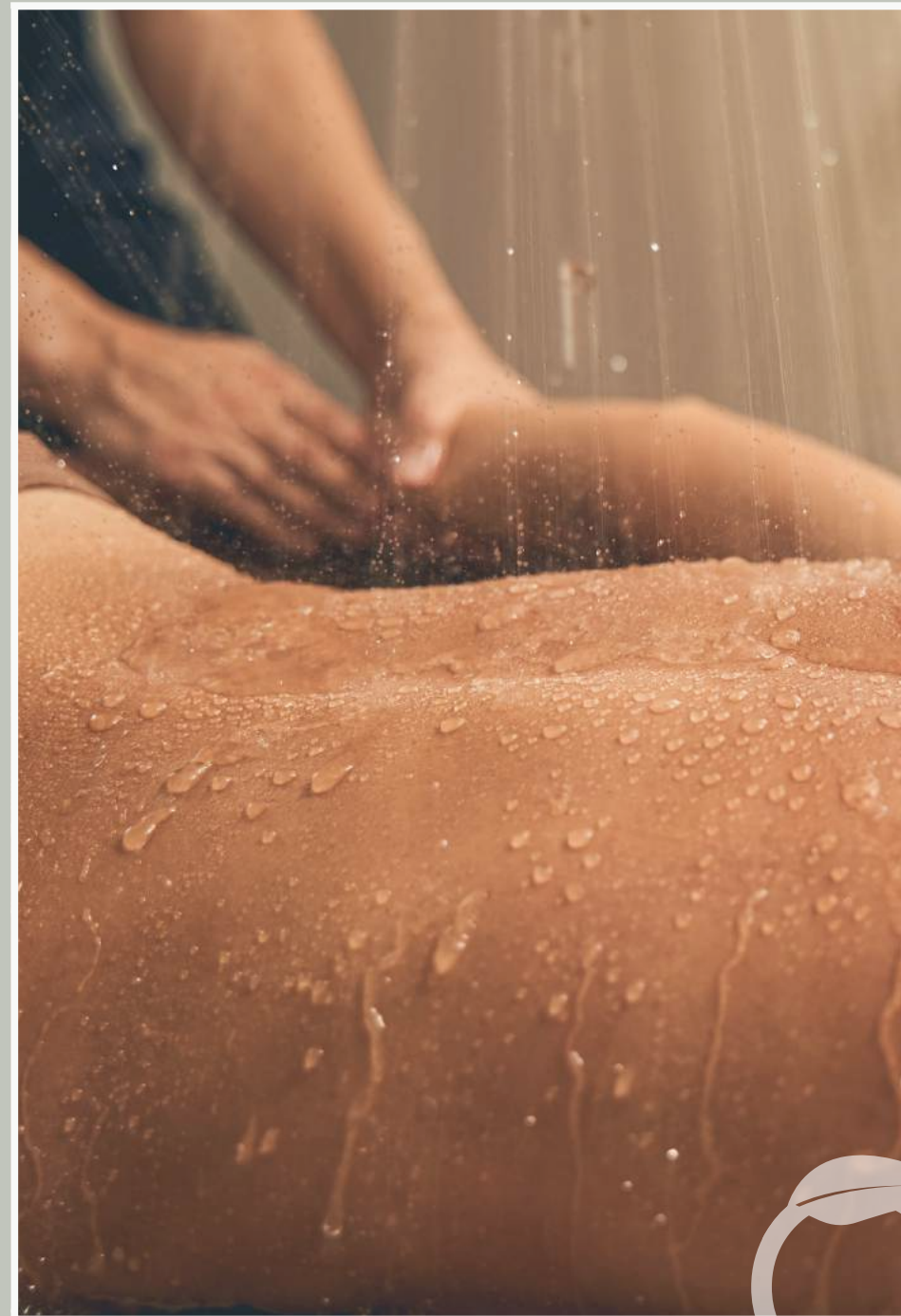
Lie down and relax whilst our therapist gently cleanses, exfoliates, tones and moisturises your face before applying a face mask to peel away dead skin and extract the impurities. During the treatment you will also experience a massage to the face, feet, arms, hands and head.

Luxury Facial : 80 minutes €110

This treatment includes everything detailed in the 'Facial' above with an extended face, feet, arm, hand and head massage. Plus, an oxygen facial steam for extra extraction of impurities and to further nourish and moisturise. This leaves the skin more supple, vibrant and youthful.

Reflexology: 50 minutes €95

Focused attention on the feet and the meridian points to gently stimulate the circulation and the body's natural and powerful energy pathways.



Colonic Hydrotherapy

Colonic : 40 - 50 minutes depending on the individual €95

This therapy is a long established and well-respected treatment that beautifully complements and enhances any cleanse or detox plan. A colonic is essentially an internal bath for the colon. Warm, filtered water is gently introduced to the rectum where it stimulates the peristaltic action and allows the body to 'release'. This facilitates the removal of stubborn accumulated faecal matter, trapped gas, mucus and unwanted toxins.

During your time at Juicy Oasis, you are consuming nothing but nutrient-rich fruits and vegetables, with no processed foods, artificial flavours/colours/additives or anything that isn't as nature intended. This means your body's natural detoxification process isn't overburdened and, in simple terms, means your system gets the opportunity to have a really thorough 'spring clean' and release any unwanted toxins that have been stored in fat cells. These naturally end up in your colon, and a colonic treatment facilitates the rapid and effective elimination from your body.

Some people will only require one session during their stay. However, for optimum results, we recommend two sessions (in some instances, more, however, your therapist will advise).

Colonic Infusions

To take your colonic to the next level, we offer two powerful infusions that can boost the effectiveness of the colonic by supporting the detoxification process and by adding a direct boost of nutrition to the body.

Organic Coffee Infusion: €15

A Coffee infusion stimulates bile release to move more toxins through the bowel for elimination - ***Recommended during first treatment.***

Organic Wheatgrass Infusion: €15

A Wheatgrass infusion delivers a nutritional boost directly into the system that aids the cleansing process - ***Recommended during final treatment.***

The Info Bit...

- Please arrive five minutes early for your treatment, as time lost through late arrival cannot, unfortunately, be made up.
- Please wait at reception for Colonic and Cryotherapy treatments. For all other treatments, please wait in the Spa.
- Please remove all jewellery before your treatment.
- Please disclose to your therapist if you have any injuries, **pains, health issues or are pregnant BEFORE** your treatment.
- During your treatment, please **let your therapist know immediately** if you are **uncomfortable** in any way.
- Cancellation within 24 hours of your appointment (or no-shows) will, unfortunately, result in a charge of 50% of the treatment price.
- The Spa opens from 09:00 - 23:00 every day.
- Please note that each therapist and advanced clinical therapist uses their own individual techniques, so treatments can vary.

Pregnancy Options

Due to the nature of our retreat, we don't specialise in pregnancy and, as a result, none of our therapists are specifically trained in this area. Therefore we are limited in what we can offer during pregnancy. However the following treatments are more than suitable:

Indian Head Massage : 25 minutes €45

Facial : 50 minutes €75

Luxury Facial : 80 minutes €110

If you are pregnant, please only book these treatments, as we cannot perform any of the other therapies/colonics.

Full details of all of these treatments are to be found in this brochure.



Pamper Package

A beautiful collection of our most popular spa treatments, that will provide you with a wonderfully relaxing experience and enhance your retreat journey.

Package Includes:

- 2 x Colonic Hydrotherapy Sessions
- 2 x Infusions (coffee or wheatgrass)
- 1 x Rainforest Exfoliation & Massage - 50 minutes
- 1 x Pure Bliss Massage - 50 minutes
- 1 x Sensuous Hot Candle Massage - 50 minutes
- 1 x Indian Head Massage - 25 minutes

Combined Treatment Value = €555

Pamper Package Price = €530 (saving €25)

Special Offer

For every **FOUR treatments** received, we will **deduct €20** from your room bill.

Offer only applicable to treatments taken per person.

The 'Pamper Package' and the 'Exfoliation & Extended Massage Indulgence' count as one treatment.

All rates include 23% Portuguese VAT.