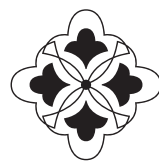


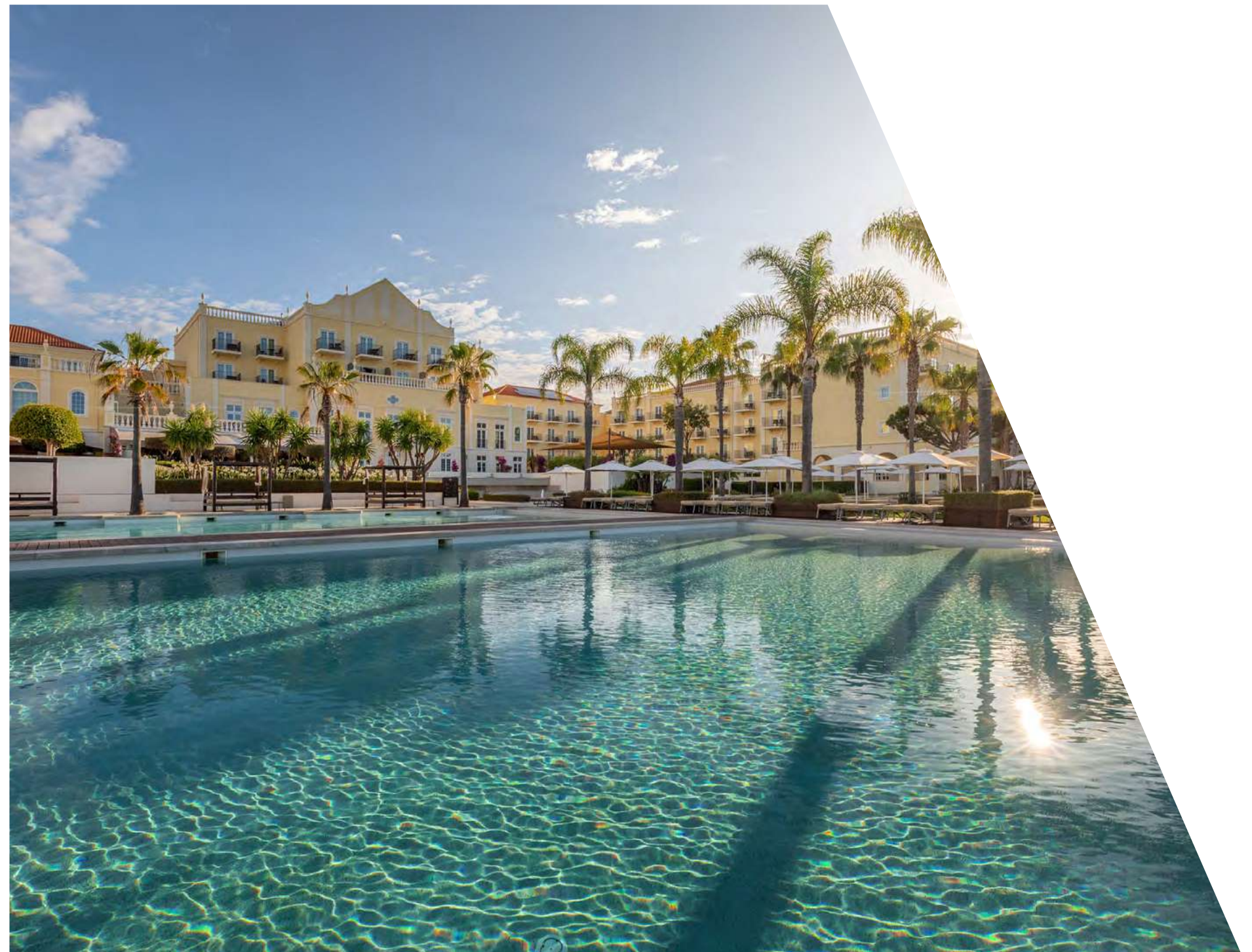
SOMA
SPA THE REFINED

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DOMES LAKE
ALGARVE PORTUGAL

AUTOGRAPH COLLECTION®
HOTELS



ENGLISH
MENU \

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 built 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' \ 175 €

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.

CBD
RELAXING
MASSAGE \

60' \ 140 €

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.

THERAPEUTIC
MASSAGE \

60' \ 140 €

Inspired by
Hippocrates

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 Kefit Tea water to awaken the body and spirit.

MASSAGE THERAPIES \

Advanced massage sequences
to unwind and re-charge.

ELEMIS DEEP
TISSUE \

Massage

40' (Back only) \ 105 €
60' \ 145 €
90' \ 180 €

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
AROMA-
THERAPY \

Swedish
Massage

30' \ 80 €
60' \ 130 €
90' \ 165 €

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 &
DRAINAGE \

Full Body
Massage

60' \ 130 €

This treatment provides a concentrated firming and toning action. The toning massage helps smooth the skin and reduces the appearance of the "orange-peel" effect. The drainage-stimulating massage techniques promote cellular elimination and regeneration.

ELEMIS AROMA HOT STONE \

60' \ 140 €
90' \ 175 €

Massage

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 \

75' \ 145 €

Massage

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.

GOLFERS RECOVERY MASSAGE \

60' \ 145 €

with percussive
Therapy

Designed for golfers seeking peak performance and recovery, this full-body massage combines expert hands-on techniques with percussive Theragun therapy to release tension, improve mobility, and enhance circulation. Targeting key muscle groups used in your swing, this treatment helps reduce stiffness, prevent injuries, and keep you at the top of your game.

HEAD & SCALP MASSAGE \

60' \ 145€

with
Back Massage

Release built-up tension with this soothing massage focused on the back, head, and scalp. Combining expert hands-on techniques with rhythmic movements, this treatment melts away stress, relieves muscle tightness, and promotes deep relaxation.

RELAXING FOOT MASSAGE \

30' \ 80 €

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' \ 90 €
60' \ 135 €

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' \ 140 €

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 \

60' \ 140 €

The Hiit
Workout for
Your Skin

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
AROMATHERAPY
WORKOUT FACIAL \

60' \ 145 €

Your Line-
fighting
Superhero
Facial

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 stimulates 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 \

75' \ 160 €

Your Line-
fighting
Superhero
Facial

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' \ 20 €
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.

ELEMIS INTENSELY CLEANSING \

Salt
Scrub

45' \ 90 €

Lime & Ginger or Frangipani

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' \ 155 €

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.

*You can choose a target area:
arms, hips & thighs, or abdomen.*

*(For 30' treatment choose one area
and for 90' choose two areas).*

BODY & MIND TREATMENT \

90' \ 180 €

This ritual combines a deep cleansing body scrub that gently exfoliates, revealing radiant skin while a full body massage with CBD oil melts away muscle stiffness, leaving you recharged and relaxed. Treat yourself to a legendary spa escape.



HANDS & FEET \

SPA PEDICURE \	70 €
A beauty 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 \	50 €
A beauty 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 Polish Application (Shellac) (Hands or Feet)	30' \ 50 €
File & Paint (Vinylux) (Hands or Feet)	30' \ 35 €

SPA PACKAGES \

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

FRANGIPANI
LOVERS \

90' \ 200 € (per person)

ELEMIS Aromatherapy Massage	60'
ELEMIS Pro-Glow Brilliance	30'

MOMENT
FOR TWO \

120' \ 240 € (per person)

ELEMIS Deep Tissue Massage	60'
ELEMIS Pro Glow Smooth Facial	60'

SOMA SPA
BRIDE \

135' \ 290 €

Spa
Rituals

ELEMIS Intensely Cleansing Salt Scrub	35'
ELEMIS Pro Glow Smooth with Led Therapy	40'
CBD Relaxing Massage	60'

SOMA SPA
GROOM \

135' \ 280 €

Spa
Rituals

Elemis Deep Tissue Massage	35'
ELEMIS Pro Glow Men's Facial with Led Therapy	50'
Relaxing Feet Treatment	25'

DETOX
& CONTOURING
PACKAGE \

3 Days \ 550 €

Day 1	Body Exfoliation	30'
	Cellutox Aroma Spa Detox Wrap	75'
Day 2	Contouring & Drainage Massage	60'
	Theragun Percussive Therapy	20'
Day 3	Body Exfoliation	30'
	Pro-Glow Smooth Facial	60'

PRO -
AGEING
BOOTCAMP \

3 Days \ 510 €

Day 1	Pro-Glow Workout Facial	60'
	LED Face Therapy	15'
Day 2	Contouring & Drainage Massage	60'
	Targeted Slimming Body Treatment <i>(one area on the body)</i>	30'
Day 3	Body Exfoliation	30'
	Pro-Glow Smooth Facial	60'

SPA GENERAL ETIQUETTE \

- Soma Spa is a strictly non-smoking area.
- 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.
- This is your time to unwind—please keep conversations at a low volume to preserve the relaxing 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 are 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.

