

SPA MENU



PORTO

TOREL
SABOARIA

EXCEPTIONAL

Torel Saboaria SPA,
a sensory heaven in the city centre



Torel Saboaria SPA offers a unique experience to travellers looking for a comfortable stay with a touch of history.

Torel Saboaria SPA transmits the best of nature, fusing biocosmetics, phytotherapy and aromatherapy, to develop unique sensory experiences. Inspired by natural cures and ancestral knowledge, our treatments are carefully designed to improve the physical and emotional well-being. We use the best products of the Portuguese brand D'NATUREZA, handmade and ecological cosmetics, of extra quality, based on aromatic and medicinal plants.

With a jacuzzi and steam bath area, extended to the garden and the heated outdoor pool, Torel Saboaria SPA is the perfect place to stop and relax when you are in the city.

Monday to Sunday, 10am – 7p.m

Torel Saboaria

Rua do Bonjardim 564

Porto

+351 223 187 016

info@torelsaboaria.com - www.torelsaboaria.com

D'NATUREZA

Torel Saboaria SPA treatments are made with natural products by D'NATUREZA, a Portuguese cosmetics brand with extra virgin olive oil, fine vegetable butters and oils, aromatic and medicinal plants and their essential oils. These eco-friendly cosmetics contain authentic ingredients that hydrate, nourish, regenerate and protect the skin. They are hand-crafted, combining ancient expertise and modern-day scientific knowledge in order to meet the daily needs of healthy skin. All products undergo a rigorous quality control and are made in accordance with the legislation.



FACIAL TREATMENTS

Facial treatments individually designed for each client, using handmade and ecological cosmetics made from aromatic and medicinal plants.

SUBLIME FOR MATURE SKIN

To strength the skin of the face and neck, slow aging process, reduce wrinkles, spots, and expression lines, while allowing the relaxing notes of the damascene rose essential oil take over.

55 min — 140€

PERSONALISED FACIAL

Developed to target specific needs of each skin type, it cleanses, balances, softens and moisturizes. Suitable for all skin types, including sensitive skin.

55 min — 130€

FACIAL FOR MEN

Rejuvenating facial care for men with essential oils of tea tree and lavender, for purified skin, refreshed complexion, refined, and tightened texture.

55 min — 130€

SKIN CLEANSING FACIAL

Cleansing treatment with exfoliation, steaming, extraction (if needed) and deep hydration, using massage manoeuvres tailored to the skin's needs.

55 min — 130€

DEEP SKIN CLEANSING FACIAL

Cleansing treatment with steaming, ultra-sonic peeling, extraction (if needed) and deep hydration, using massage manoeuvres tailored to the skin's needs.

85 min — 160€

BODY TREATMENTS

A SPA experience that will enhance your physical and emotional well-being with body oils and scents taken from nature.

BODY SCRUB & INVIGORATING HYDRATION

A deep cell renewal treatment: exfoliation with olive and geranium, that will free the skin of dead cells and toxins, followed by a highly nourishing hot candle massage, with ginger essential oil, powerful invigorator and anti-inflammatory.

85 min — 160€

NOURISHING FOOT

Luxurious treatment: the feet will soak in warm water with salts and essential oils while enjoying an eye massage. After the exfoliation, a nourishing feet massage will complete the experience.

45 min — 90€

SCALP, SHOULDERS AND NECK

Inspired by oriental techniques, this aromatic rosemary and lavender massage was developed specifically for the head area (hair and scalp), neck and shoulders. The result is a deep relaxation, stress release and rebalancing of the energy flows.

45 min — 90€

SIGNATURE MESSAGES

Pure natural and eco-certified oils are used in all our bespoke massages for a luxurious, relaxing and invigorating moment.

BESPOKE THERAPEUTIC WITH MASSAGE OIL OR WARM CANDLE OIL

Bespoke therapeutic (relaxing, deep tissue or sports massage), designed to understand the individual needs.

25 min — 75€ (1 PAX)

55 min — 120€ (1 PAX)

85 min — 160€ (1 PAX)

COUPLE'S BESPOKE THERAPEUTIC WITH MASSAGE OIL OR WARM CANDLE OIL

After selecting a more relaxing or deeper massage, the manoeuvres and movements are applied synchronously, so the couple can be connected in a deeper sense of relaxation.

25 min — 140€ (2 PAX)

55 min — 210€ (2 PAX)

85 min — 300€ (2 PAX)

THERAPEUTIC HOT STONE

Heated basalt stones are placed in the body in specific areas, also used to create deeper massage pressure. These manoeuvres help melting away tension, ease muscle stiffness and increase circulation and metabolism.

85 min — 160€ (1 PAX)

85 min — 300€ (2 PAX)

MUM-TO-BE MASSAGE

Specially designed for expectant mothers, to soothe swollen ankles, calm down the back aches and pain and to transform and energise the whole body.

55 min — 130€ (1 PAX)

85 min — 180€ (1 PAX)

LYMPHATIC DRAINAGE AND DETOX

Lymphatic drainage techniques are used to stimulate the lymph nodes, helping eliminate fluid and toxins in the body. Great treatment after a long-haul flight.

55 min — 120€ (1 PAX)

SHIATSU

Japanese massage in which digital pressure and manipulative techniques are applied to adjust the body's energy flow (*ki*). It promotes inner peace, relaxation and overall wellbeing.

55 min — 130€ (1 PAX)

OSTEOPATHY

Manual readjustments, myofascial release and other physical manipulations of muscle tissue and bones are emphasized, providing an overall good health and wellbeing.

55 min — 140€ (1 PAX)

IN YOUR ROOM

PRIVATE MASSAGE DELIGHT + INVIGORATING BATH RITUAL:

For rooms with bathtub/jacuzzi only

Precious nourishing candle massage oil used on full body therapeutic massage, followed by a relaxing and invigorating bath with organic essential oils and bath salts to enjoy in the comfort of the room.

85 min — 300€ (2 PAX)

PRIVATE MASSAGE DELIGHT

Full body therapeutic massage, according to the menu available, to enjoy in the comfort of your room.

85 min — 300€ (2 PAX)

*Please confirm with our host team which treatments are available to be performed in your room.

PROGRAMMES

HALF DAY SPA

A facial treatment, a signature massage and a foot treatment, and also an opportunity to relax in the pool, jacuzzi and steam bath while enjoying our tea ritual.

155 min — 305€ (1 PAX)

155 min — 595€ (2 PAX)

BREAKFAST & SPA

(Tuesday to Friday, 10am - 12pm)

After our breakfast, an opportunity to relax in the pool, jacuzzi and steam bath, followed by a full body therapeutic massage in the SPA.

55min — 140€ (1 PAX)

55min — 250€ (2 PAX)

BEAUTY SERVICES

HAIR

Personalised hairdressing service, in partnership with professionals, guaranteeing an answer for any occasion.

Blow Dry: 80€

Hair Up & Styling: 120€

Haircut: 120€

Bridal Hairstyle: *price upon request*

MAKEUP

A partnership with professional make-up artists, who use only the best products to enhance natural beauty, guaranteeing an answer for any occasion.

Personalised Makeup: 120€

Bridal Makeup: *price upon request*

SIGNATURE MANICURE

Nails groomed and shaped, cuticles gently treated, with deep moisturizing and application of nail polish of choice.

Regular polish: 55€

Shellac polish: 65€

SIGNATURE PEDICURE

Manicured and filed nails, cuticles treated to your liking, followed by an exfoliation treatment and a soothing and moisturising massage of the feet and legs. Finished with the application of nail polish.

Regular polish: 75€

Shellac polish: 85€

GEL / ACRYLIC NAILS

Nails groomed and shaped, cuticles gently treated, with deep moisturizing and application of gel / acrylic nails of choice

price upon request

REMOVAL

When booking a manicure or pedicure, if you need to remove materials such as gel or acrylic, it will incur an additional supplement of 10€

WAXING

Fast and effective hair removal techniques for men and women, using high quality vegan waxes or, in the facial area, with the option of wax, tweezers or thread.

FEMALE:

Eyebrows: 25€

Upper Lip: 25€

Under arm: 30€

Full leg: 55€

Bikini line: 55€

Half leg: 45€

MALE:

Back: 55€

Chest, Stomach: 55€

Under arm: 40€

Full leg: 70€

FITNESS

PERSONAL TRAINING

Training sessions guided by a professional working the specific needs of each person.

55 min: 80€ (Individual)

85 min: 120€ (Individual)

YOGA

Yoga uses *asanas* (postures), *pranayama* (breathing techniques) and focused concentration to integrate body, mind and soul.

55 min: 80€

85 min: 120€

(individual or small groups up to 3 people; for each extra person additional 20 €)

PILATES

Conditioning training to improves muscle tone, balances musculature, building flexibility and muscle strength. It supports correct posture, allowing an easier and lighter movement.

55 min: 80€

85 min: 120€

(individual or small groups up to 3 people; for each extra person add 20 €)

SPA ETIQUETTE

RESERVATION AND CANCELLATION POLICY

Reservations can be made with our host team, by telephone (+351 223 187 016) or by email (info@torelsaboaria.com) subject to availability of therapists and facilities. External customers must pre-book and prepay 50% of the service total value by credit card; the remaining 50% is charged at the end of the treatment. In case of not attendance or cancellation within a period of less than 12 hours, the scheduled service cannot be rescheduled or refunded, incurring the payment of 50% of the value of the scheduled service.

GIFT VOUCHERS

Gift Vouchers are valid for 6 months. They are personal and non-transferable, non-re-fundable and non-exchangeable. In case of missing the appointment, cancelling it with less than 12 hours or no-showing, the service appointment will not be rescheduled or refunded, assuming the voucher has been used.

RESPONSIBILITY AND COUNTER INDICATIONS

It is the user's responsibility to acknowledge his own physical condition and to verify the absence of contraindications regarding the use of the SPA area. The user should inform the therapist in advance of any pathologies, physical condition or pregnancy, which may condition or make it impossible to carry out any of the treatments. Treatments are not available to minors under 16, unless accompanied by parents or guardian. Torel Saboaria SPA reserves the right to interrupt and refuse the continuation of the contracted service, in cases of verbal or non-verbal sexual harassment, charging the full amount

of the initially contracted service. In these situations, the therapist must leave the treatment room immediately and report the situation to the technical director.

WARNING

Torel Saboaria SPA declines any responsibility in the event of theft or loss of personal belongings.

HEALTH DISCLAIMER

Our treatments and body modelling massages, beauty and wellbeing treatments, and are not intended for medical purposes.





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www.torelboutiques.com