A person is relaxing in a hot tub outdoors. The hot tub is covered by a white, flowing canopy that is partially open, revealing the person's head and shoulders. The background is a lush green garden with various plants and trees. The scene is bathed in warm, golden light, suggesting a sunset or sunrise. The overall atmosphere is peaceful and relaxing.

For many, spas are simply body treatment sites. But for Sayanna Wellness, they are veritable temples of therapy for your soul. Places where we can relax and completely escape the hustle and stress of everyday life. Here, you will find all the information about the treatments that best suit your needs, with the certainty that you will leave completely renewed, in both body and soul.



SIGNATURE TREATMENTS

At Sayanna Wellness' spas, you have much more than simple massages at your disposal, as we offer ancient therapeutic treatments that renew your soul through your body.



SAYANNA MASSAGE

Relaxing

90min. | €140

The ultimate in total relaxation of body and mind. This Sayanna Wellness signature massage combines different techniques of deep massage with long movements and acupressure; the power of aromatherapy combined with the penetrating heat of hot basalt stones.

SAYANNA FACIAL TREATMENT

Firming | Moisturising

90min. | €130

This fantastic facial treatment combines aromatherapy with facial massage techniques using hot and cold stones. This natural treatment is extremely effective in reducing the signs of premature ageing and deep moisturising of the skin.

SAYANNA REVITALISING

Revitalising

120min. | €190

After a welcome ritual and a light exfoliation, this treatment begins with the most relaxing hot stone massage and ends with the application of a revitalising facial mask and a cold stone face massage.

SAYANNA RELAXING

Relaxing

120min. | €180

The best combination of a general relaxation massage and an aromatherapy facial treatment fully customized according to your needs.

SAYANNA DETOXIFYING

Detoxifying

120min. | €190

Take care of your body and face with a single treatment; you will receive an exfoliating body scrub with olive lumps, a mud wrap, followed by a facial detoxifying treatment and a massage of the head, neck and shoulders. The best way to rejuvenate and moisturise your skin.

TOTAL SAYANNA EXPERIENCE

Relaxing | Moisturising | Revitalising

180min. | €280

Surrender to Sayanna Wellness for a fantastic holistic treatment. Start with a body scrub and a moisturising wrap, followed by a general relaxation massage and ending with the power of aromatherapy applied to the face, a facial treatment performed to your needs.



SAYANNA MASSAGES

We will take you very far away. And we promise to return you more complete than ever,
in a state of peace and harmony.



KAORI-RELAX

Relaxing

25/50min. | €45/80

This massage combines free and continuous movements with muscle relaxation techniques, promoting total serenity and unmatched comfort.

DEEP KINCHO

Muscle health | Revitalising

25/50min. | €45/80

Ideal for those who suffer from muscle tension, this massage uses deep movements, which help relax and reduce the points of greatest tension.

HOT STONE

Relaxing

80min. | €100

When heated and placed on the chakras, basalt stones convey a sense of relaxation with their slow, deep movements. This relieves any muscle tension.

HEDDO

Physical, mental and emotional balance

25min. | €45

With its subtle techniques, this head and face massage creates a balance between mind and body, totally relaxing tensions, reducing headaches and improving the overall appearance of your complexion.



TSUE BAMBU

Improved blood circulation

50min. | €80

Bamboo therapy reduces tension, reactivates the circulation and remodels the figure, offering a feeling of well-being.

PINDAS BAGS

Physical, mental and emotional balance

50min. | €80

Through the warmth spread by Pindas bags, this massage creates deep relaxation, combining circular motions and gentle pressure to promote general relaxation and balance between body and mind.

KAWAI-MUM

Relaxing

50min. | €80

Massage for prospective mums, in order to relieve all the tensions caused by their situation.

TEEN KODOMO

Relaxing

25min. | €45

With long, gentle strokes, this massage can serve as a first relaxing experience for the young, helping to release anxieties.



ASHI REFLEXOLOGY

Relaxing | Revitalising

50min. | €70

Known as digital acupuncture, foot reflexology accesses every organ of your body without ever leaving your feet. Through the pressure points you can feel the immediate relaxing effects.

HARA-SHIATSU

Muscle health | Revitalising

75min. | €95

Traditional japanese therapy which, through the application of gentle but deep pressure on energy points, re-establishes balance and guarantees the release of all the accumulated fatigue, guaranteeing a general well-being.

CANDLE MASSAGE

Relaxing | Moisturizing

80min. | €100

Massage with gentle strokes, with the aim of providing comfort, deep relaxation and recovery of emotional balance. At the same time, it relieves tension and moisturizes the skin, both through the power of the wax's essential and aromatic oils, and the heat itself.

OSTEOPATHY

Muscle health | Revitalising

55min. | €120

Osteopathy consultation to evaluate and treat body structure and function through the application of a set of manual techniques applied to different tissues, aiming to restore normalization.

VICHY RELAXATION

Relaxing

Two hands _____ 25min. | €45

Four hands _____ 45min. | €90

The combination of essential oils, relaxing massage movements and jets of hot water will bring you amazing deep muscle relaxation.

A woman with her hair in a bun, wearing a white bathrobe, is sitting in a white wicker chair on a patio. She is looking off to the side with a serene expression. The chair has a complex geometric lattice pattern. In the background, there are large glass doors leading to an outdoor area with a lounge chair and some greenery.

SAYANNA BODY & SOUL

Disconnect yourself from your body for a few moments. We guarantee that when we return it to you, you will feel much better in your own skin.



SCRUB TREATMENT

Detox

25min. | €45

An amazing exfoliation to make your skin feel healthy and renewed. This treatment makes the penetration of moisturisers more efficient, to make your skin more glamorous.

MOISTURISING TREATMENT

Moisturising

80min. | €85

In this treatment we aim to mitigate and prevent skin ageing, by deep moisturising.

ANTI-CELLULITE TREATMENT*

Firming | Toning

80min. | €95

Elimination treatment for skin with an orange peel effect, combining the active principles with transdermal mesotherapy which will act directly on fat cells.

SLIMMING TREATMENT*

Reducing | Revitalising

80min. | €95

This aims to reduce the volume located in small deposits of adipose tissue.

ANTI-AGGING TREATMENT*

Slimming | Toning

80min. | €95

Through the stimulation of fibroblast activity and collagen fibre reorganisation, this treatment improves the toning of the tissues.

STRETCH MARK TREATMENT*

Anti-stretch marks | Revitalising

80min. | €95

With the regeneration of damaged skin and bringing collagen to skin cells, it is possible to reduce the visibility of stretch marks.

HIKARI

Lymphatic drainage

60min. | €90

With very light and delicate movements we will stimulate the lymphatic circulation and elimination of toxins.

*MCCM Treatments – Use of Transdermal Mesotherapy.
The times indicated for transdermal mesotherapy treatments are for information purposes only.



SAYANNA FOR TWO

Immerse yourself in this experience and resurface with a refreshed soul.



PETAL IMMERSION

Detox | Relaxing

80min. | €160

This ritual for two starts with a body scrub, followed by an immersion which will delight you with the refreshing scents of orchids and roses. You will feel the relaxing power of hot stones with a localised massage that ends with a moisturising body treatment.

THERMAL IMMERSION

Detox | Relaxing

80min. | €160

In thermal immersion you will have the benefit of body scrub and a facial express treatment. Followed by thermal immersion where you will be surprised by the refreshing scents of orchids and roses that ends with a moisturizing body treatment.

RELAXATION FOR TWO

Physical, mental and emotional balance

90min. | €180

Aromatherapy relaxation massage designed for couples who wish to unwind together. Enjoy the lavender oil scented bathtub or outdoor Jacuzzi.



The image shows two female therapists in white short-sleeved uniforms with a green logo, performing massages on clients lying face down on a wooden deck. The therapists are focused on their work, with their hands on the clients' backs. The clients are covered with white towels, leaving only their backs exposed. In the background, there is a large glass railing overlooking a lush green landscape with trees and a body of water under a clear blue sky. Two white lanterns and a small bowl are placed on the deck between the two massage stations.

PAVILION MESSAGES



SPA RITUAL

Relaxing

110min. | €210

Full body relaxation massage, with free and continuous movements. One hour of private Jacuzzi and sparkling wine.

LOVE ESCAPE

Relaxing

150min. | €300

Signature massage that combines different techniques of deep massage associated with the heat of basaltic stones. One hour of private Jacuzzi and sparkling wine.

CANDLE MASSAGE FOR TWO

Relaxing | Moisturizing

175min. | €400

With an immersive atmosphere, we have created the perfect environment to share a ritual with your better half. It starts with an exfoliation to renew the skin, followed by a full body relaxation massage and a head and face massage. It ends with one hour of private jacuzzi and sparkling wine.

LUXURY FOR TWO

Relaxing

290min. | €600

Signature massage that combines different techniques of deep massage combined with the penetrating heat of hot basalt stones. It is followed by a facial peeling that combats the causes of skin ageing. It ends with two hours of private Jacuzzi and champagne.

EPIC ROMANCE

Relaxing

180min. | €510

The treatment starts with an exfoliation to renew the skin, followed by a full body relaxation massage to promote wellness. Finally, there is a foot reflexology which promotes total serenity. It includes one hour of private jacuzzi and champagne.

A close-up, artistic photograph of a woman's face lying down, tilted back. Her eyes are closed. A hand is visible on the left, using a brush to apply thick, white paint to her face. The paint is being applied in broad, horizontal strokes across her forehead, nose, and cheeks. The background is a soft, out-of-focus light blue and white. The overall mood is serene and transformative.

SAYANNA FACE

Your face is your calling card. And ours, is to make it into the mirror of your soul.



MOISTURISING FACIAL

Moisturising

50/80min. | €80/95

A facial treatment for skin that requires moisturising; this nourishes and promotes tissue elasticity thereby helping to combat ageing.

PURIFYING FACIAL

Purifying | Moisturising

50/80min. | €80/95

Suitable for oily and acned skin, this helps regulate skin oils.

REGENERATING FACIAL

Regenerating | Moisturising

50/80min. | €80/95

This treatment will help regenerate the cells, providing the minerals needed to balance them.

GOLD FACIAL

Moisturising | Regenerating

50/80min. | €95/110

A firming facial treatment combining moisturising and deep regeneration while promoting an effective lift effect, leaving a luminous, firm and silky skin due to the gold particles in the finalizing cream.

BOTOX EFFECT FACIAL

Anti-ageing | Firming

50/80min. | €90/105

Anti-ageing treatment, involving a flash facial lift.

PLATINUM FACIAL

Firming | Moisturising

50/80min. | €100/115

A moisturising and antioxidant facial treatment that will combat the destruction of collagen. With its combination of hyaluronic acid and collagen, this will keep your skin looking youthful and glowing and promote firmness in the face.

CHAMPAGNE FACIAL

Anti-ageing | Firming

50/80min. | €105/120

This champagne peeling is an intensive treatment with immediate effects that combats the causes of skin ageing. Wrinkles and fine lines are softened as are skin imperfections.

MEN'S FACIAL

Moisturising | Regenerating

50/80min. | €80/95

Facial treatment tailored to all men who need to hydrate and regenerate the skin on their face.

MCCM Treatments – Use of Transdermal Mesotherapy.
The 50-minute treatments are without transdermal mesotherapy;
every 80 minute treatment includes the application of mesotherapy.

A low-angle, close-up shot of two people running on a sandy beach. The person on the left is wearing dark shorts and dark sneakers. The person on the right is wearing red and black patterned shorts and colorful sneakers with red laces. A thick black rope is stretched across the frame, separating the runners from the foreground. The sand is bright yellow and shows many footprints. The background is slightly blurred, showing more of the beach and the ocean in the distance.

SAYANNA RETREATS

Attain the physical state you've always wanted, in a resort where the green of the pine forest blends in with the blue of the sea.



SAYANNA LUXURY DE-STRESS

Reducing stress on a daily basis is fundamental to keeping healthy, as it improves your mood, strengthens the immune system, promotes longevity and makes you more productive. With this concern in mind, Sayanna Wellness has prepared an experience that will release your daily tensions.

SAYANNA ULTIMATE RESHAPE

Understanding our body is the first step to achieving the best physical shape. Take this first step with a full exclusive programme of wellness and fitness. Restore your figure with the perfect combination of exercise, wellness coaching, functional diet and reducing and slimming treatments.

SAYANNA INSANE FITNESS

Fitness and luxury holidays is the promise at the EPIC SANA Algarve for a week that focuses on physical training and food. Bootcamp is based on a concept of group functional training in the open-air, a combination of interval, cardiovascular and strength training which aims to help achieve a state of optimal health and well-being. A special nutrition plan based on a Mediterranean diet is developed for you.

SAYANNA CLEANSING DETOX

Detoxifying your body and increasing your vitality is the first step to improving your health. Sayanna Wellness has created the Sayanna Cleansing Detox experience to make you feel lighter and refreshed, filled with new energy and ready for the next stage of life.

SAYANNA YOGA RETREAT

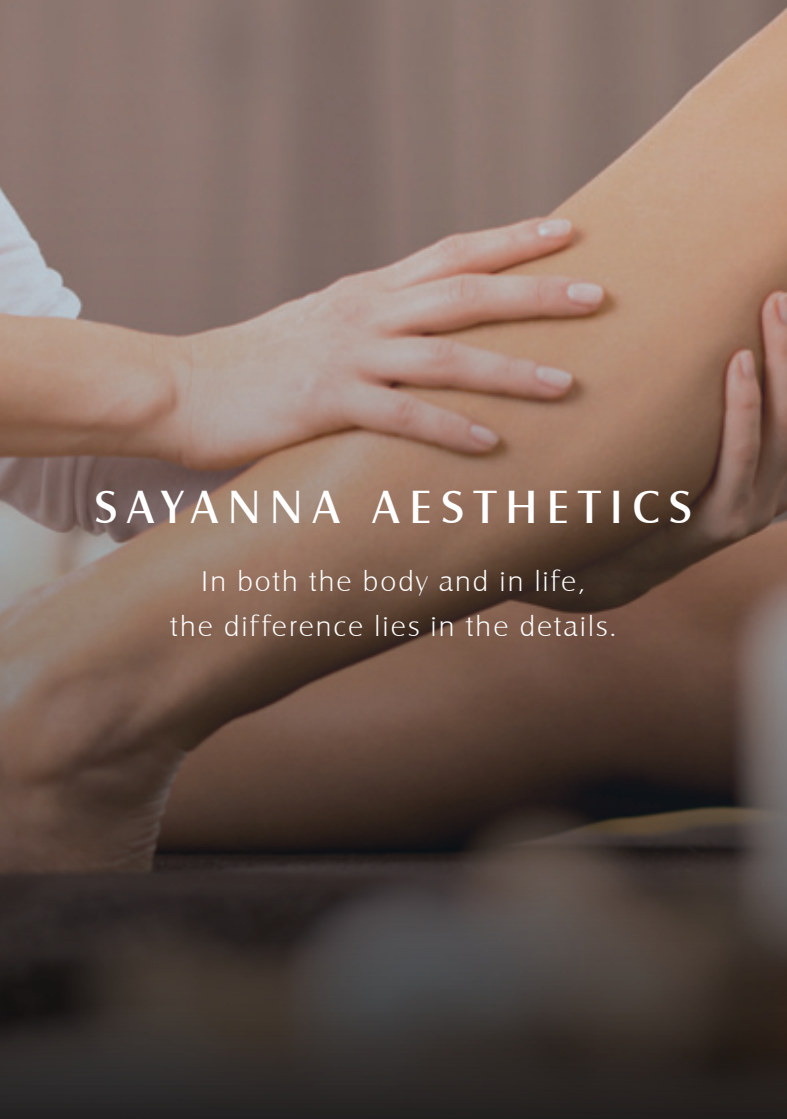
All the benefits in just one programme: strengthened body, flexibility and a rested mind. Reach your ZEN state with a full programme designed to your needs, comprising yoga classes, a dietary plan, massages and accommodation.

SAYANNA MINDFULNESS RETREAT

This therapy comprises a series of treatments and it will introduce you to new daily habits, with the aim of improving the nervous system, the body's regeneration processes and the elimination of stress. A purely pleasurable break that will give you a sense of lightness and all-around well-being.

SAYANNA RETREAT À LA CARTE

Personalize your healthy holidays by choosing activities and massages according to your interests and goals. Stay fit and relax with a fun and flexible program at EPIC SANA Algarve.



SAYANNA AESTHETICS

In both the body and in life,
the difference lies in the details.



FEMALE WAXING

Eyebrows	€10
Upper lip	€10
Underarm	€15
Arms	€25
Bikini line	€15
Half leg	€25
Full leg	€45
Manicure	€30
Pedicure	€50

MALE WAXING

Full leg	€55
Glutes	€40
Back	€30
Chest	€30
Abdomen	€30
Arms	€30
Underarm	€25

The Fitness Center has a gym with modern equipment for cardiovascular training and body-building, as well as group sessions including aerobics and yoga.

Take advantage of our membership offers and enjoy a five-star service, with the latest generation equipment, initial evaluation, training plan accompanied by an experienced personal trainer and open-air lessons.

PASSES

Daily	€25	Monthly (Sign-up Fee €200)	€40
Weekly	€35	Quarterly (Sign-up Fee €150)	€109
Monthly (Sign-up Fee €200)	€70	Bi-annual (Sign-up Fee €100)	208
Quarterly (Sign-up Fee €150)	€190	Annual (Sign-up Fee €50)	€400
Bi-annual (Sign-up Fee €100)	€365		
Annual (Sign-up Fee €50)	€700		

PT SESSIONS

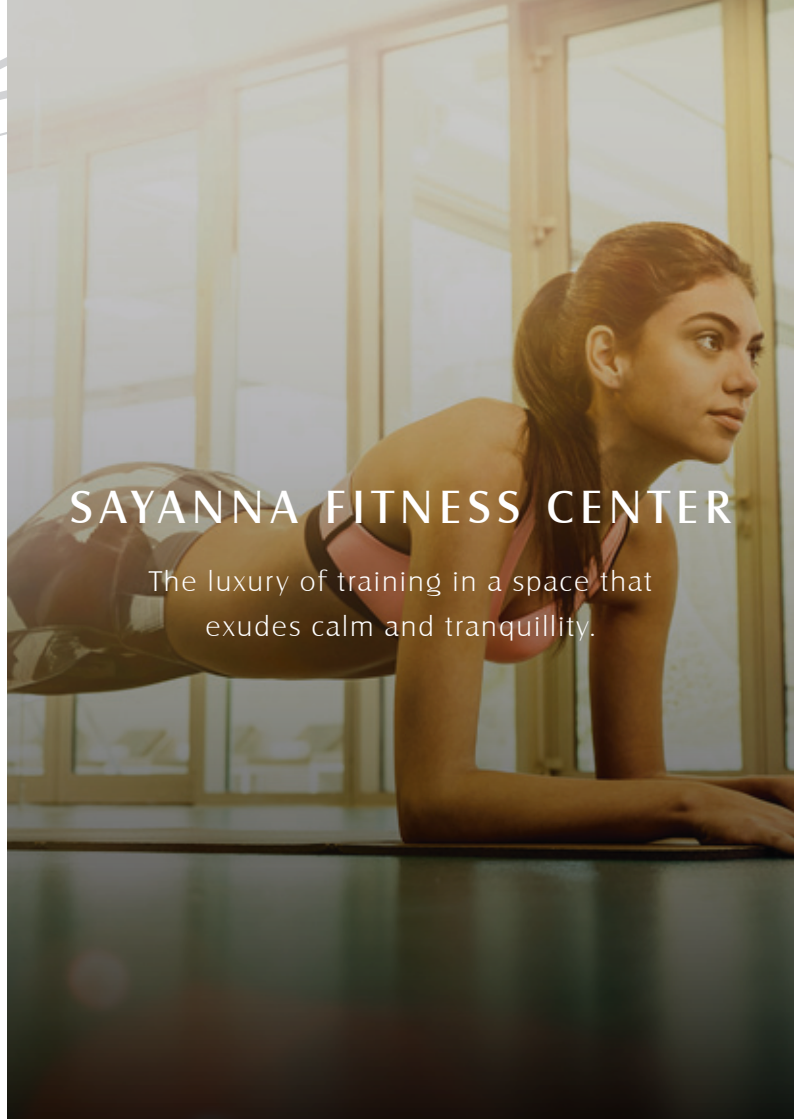
1 session	€55	1 session	€95
6 sessions	€295	6 sessions	€510
10 sessions	€440	10 sessions	€760

All passes give access to the gym, group classes, indoor pool, relaxation pool, sauna and Turkish bath. Also enjoy discounts at the SPA and in our restaurants and bars.

WEEKEND PASSES

SAYANNA FITNESS CENTER

The luxury of training in a space that exudes calm and tranquillity.





AROMATHERAPY
ASSOCIATES
LONDON

AROMATHERAPY ASSOCIATES

The best spas deserve the best products to take care of your well-being. Thus, Sayanna Wellness joined with Aromatherapy Associates, a recognised London Aromatherapy brand, in a partnership that your body and soul will recognise.

OPENING HOURS

SPA — Daily from 10:00 am to 08:00 pm

FITNESS CENTER — Every day, 24 hours

ARRIVAL

Sayanna Wellness recommends you arrive at least 45 minutes before the scheduled time for your treatment, which will allow you to fill out our registration form and benefit from the facilities.

LATENESS

Should you be late for your appointment, Sayanna Wellness will endeavour to ensure you receive the best possible treatment during the remaining time.

CANCELLATION POLICY

Cancellations or booking alterations should be made at least 12 hours in advance. If advance warning is not given, you will be charged for 50% of the treatment.

RESERVATIONS

It is always recommended you book any session in advance, to ensure you receive your treatment at the time you desire.

ACCESS

The minimum age for access to the spa facilities is 16 years old.

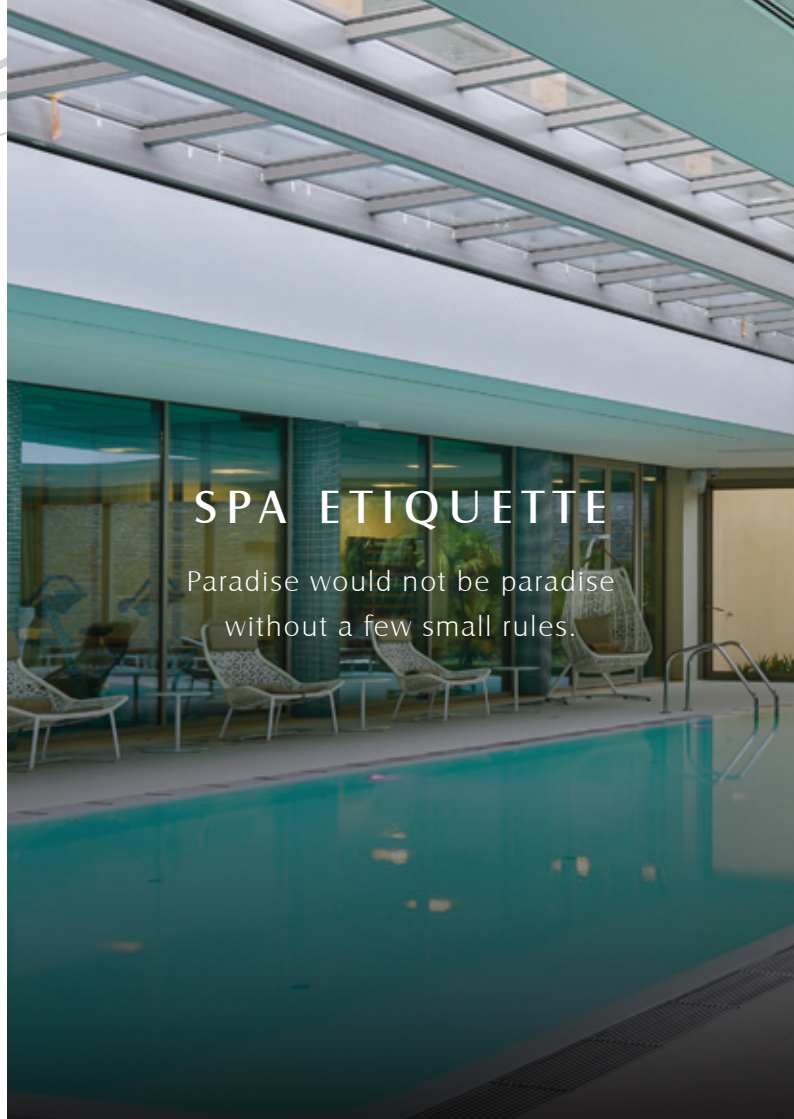
VOUCHERS

Sayanna Wellness vouchers are available at reception and can be customised to specific monetary values or treatments. They are the perfect gift!

All prices include VAT at the legal rate.

SPA ETIQUETTE

Paradise would not be paradise
without a few small rules.





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