

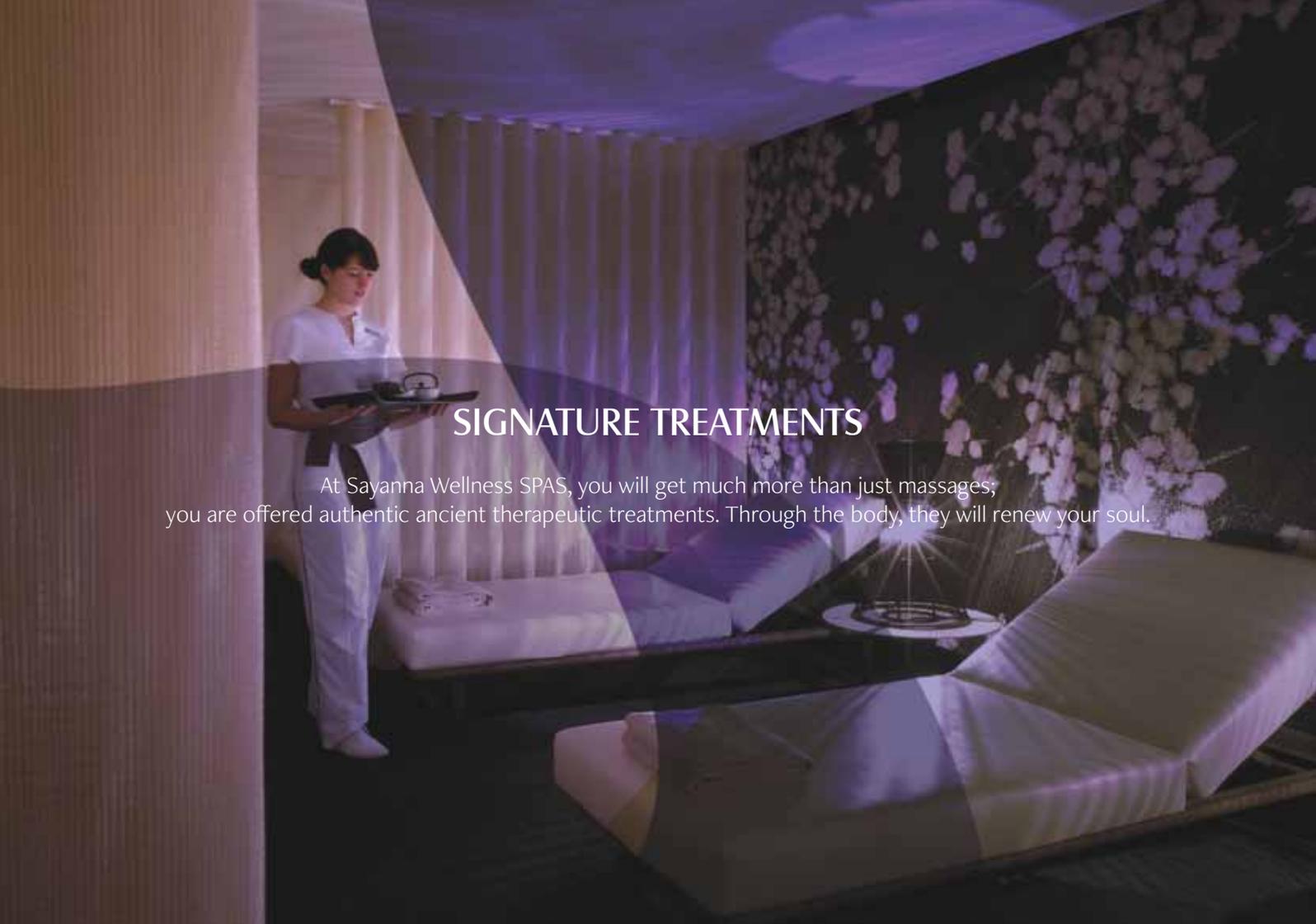


sayanna  
wellness



A photograph of a modern spa lounge. The room is filled with large windows that offer a view of a lush, green landscape. The interior is furnished with several comfortable-looking lounge chairs and ottomans. In the foreground, there is a pool area with a metal railing. The overall atmosphere is calm and relaxing.

For many, SPAS are simply places to take care of the body. But for Sayanna Wellness, they are authentic temples to take care of your soul. Places where you can relax and find total escape from the stress of everyday life. Here you will find in-depth information about the treatments that best meet your needs, and be certain that you will leave here feeling completely renewed. Both in body and soul.

A woman in a white uniform is standing in a spa treatment room, holding a tray with a teapot and cups. The room features a large window with white curtains, a wall with a floral pattern, and several massage tables covered with white linens. The lighting is soft and ambient, creating a relaxing atmosphere.

## SIGNATURE TREATMENTS

At Sayanna Wellness SPAS, you will get much more than just massages; you are offered authentic ancient therapeutic treatments. Through the body, they will renew your soul.

## SAYANNA MASSAGE

RELAXING \_\_\_\_\_ 90' €130

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

## SAYANNA FACIAL TREATMENT

FIRMING | MOISTURISING \_\_\_\_\_ 90' €120

A facial treatment created according to your needs and objectives, which combines aromatherapy with facial massage techniques using hot and cold stones. This natural treatment, adapted to all skin types, is extremely effective in reducing the signs of premature ageing and in deep moisturising of the skin.

## SAYANNA REVITALISING

REVITALISING \_\_\_\_\_ 120' €180

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 body mask and a cold stone face massage.

## SAYANNA RELAXING

RELAXING \_\_\_\_\_ 120' €170

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

## SAYANNA DETOXIFYING

DETOXIFYING \_\_\_\_\_ 120' €180

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 \_\_\_\_\_ 180' €280

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



## SAYANNA MASSAGES

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

## EPIC SAYANNA MASSAGE

RELAXING | UNWINDING \_\_\_\_\_ 60'/90' €85/110

Customised full body massage, you can select the essential oil that is most suited to you and the effect you desire. Totally relaxing.

## ABHYANGA MASSAGE

RELAXING | BODY AND MIND BALANCE \_\_\_\_\_ 60'/90' €85/110

Full body Ayurvedic Massage applied deeply and rhythmically, extremely relaxing. Ideal for balancing the nervous system and inducing sleep.

## UNWINDING MASSAGE

(BACK AND NECK)

MUSCULAR WELL-BEING \_\_\_\_\_ 45' €65

Ideal at the end of a working day when it is crucial to remove the accumulated weight of daily stress. Massage that focuses on the neck, shoulders and back, applied more deeply, thereby releasing tension, muscle spasms, rheumatic pain or contractures.

## THAI-INSPIRED MASSAGE

UNWINDING | ENERGY BALANCE \_\_\_\_\_ 60' €90

Through gentle movements and focusing on the SEN channels, this massage balances and releases the pressure points, combining stretching and pressure on energy lines. It creates a feeling of relaxation, flexibility and lightness.

## REFLEXOLOGY

REVITALISING \_\_\_\_\_ 60' €90

The feet are considered a link between all systems in the body. Leave the stress of everyday life behind and surrender to this traditional foot treatment with a pressure point massage.

## SLIMMING MASSAGE

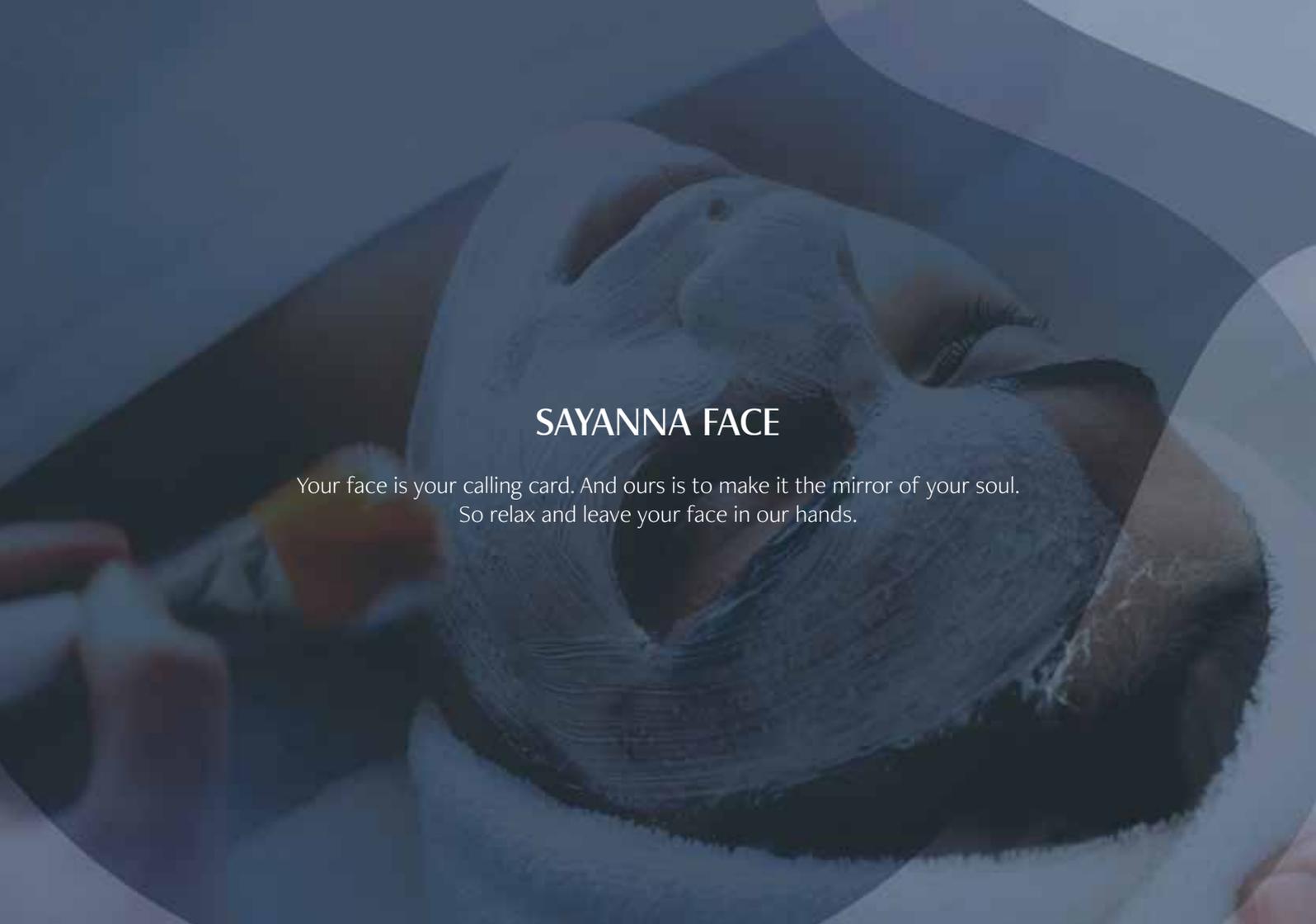
TONING | REDUCING \_\_\_\_\_ 60' €90

Detox and wrap massage that eliminates toxins, tones and slims the contours of your body, eliminating excess fluids.

## CRANEO-FACIAL MASSAGE

RELAXING | MOISTURISING | DETOX \_\_\_\_\_ 40' €60

Localised massage that works on various energy points, giving a feeling of total relaxation.



## SAYANNA FACE

Your face is your calling card. And ours is to make it the mirror of your soul.  
So relax and leave your face in our hands.

## AROMATHERAPY FACIAL TREATMENT

MOISTURISING ————— 60' €80

A treatment created to meet your skin's needs with a preliminary assessment made by our therapists. With different indications, it is recommended for dry, oily or combination skin.

## SAYANNA ANTI-AGE TREATMENT

ANTI-AGING ————— 90' €110

A facial treatment combining natural ingredients with the most advanced technology in order to give back your skin its youthful appearance and radiance.

## FACIAL LIFT TREATMENT

LIFT ————— 90' €120

A treatment that produces a nourished, hydrated and smooth skin with an instant lifting effect. It tones the facial muscles, freshening up the complexion, eliminating signs of fatigue, leaving the features soft and minimising wrinkles.

## SAYANNA FACIAL GLOW

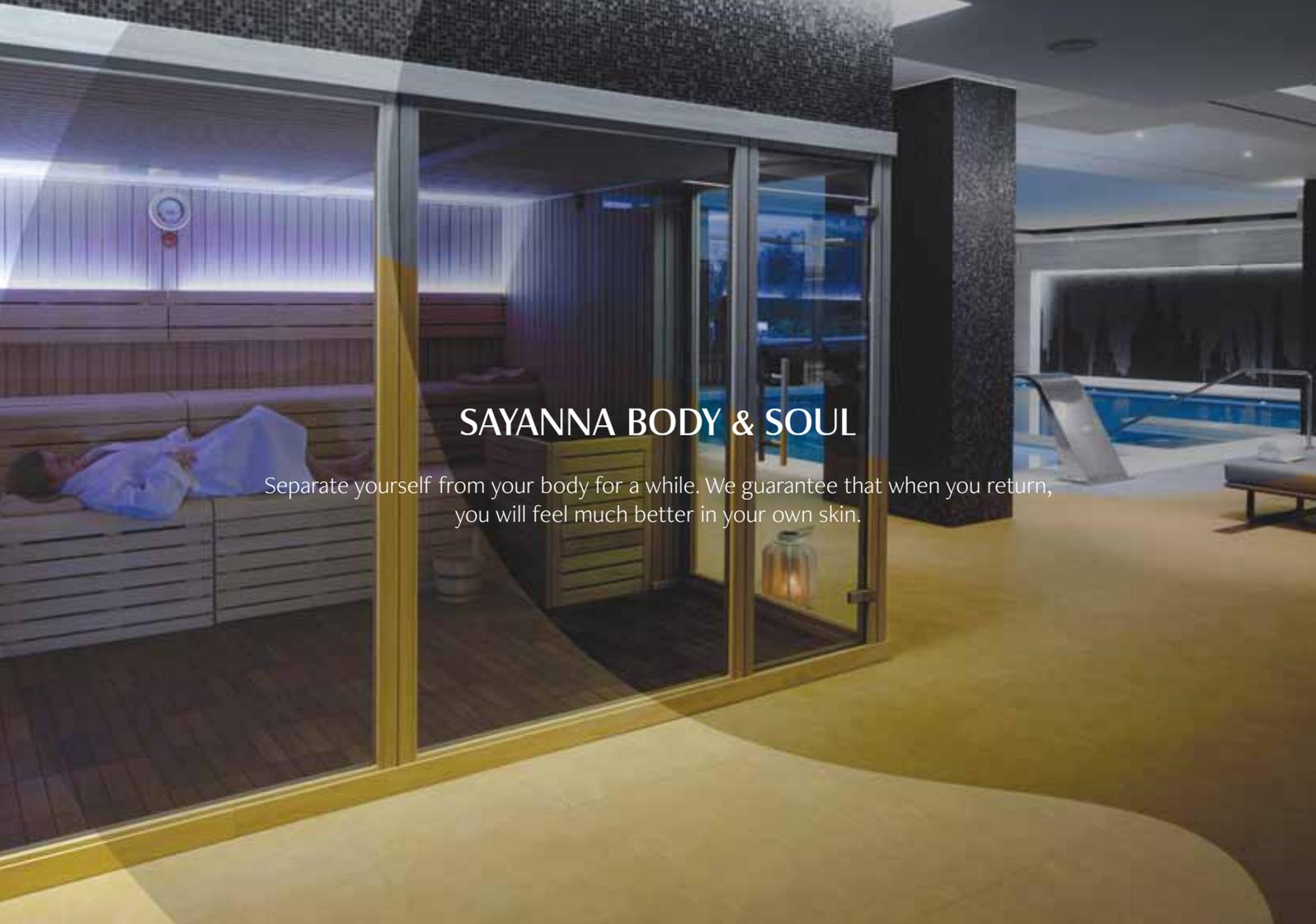
REGENERATING | MOISTURISING ————— 90' €120

The treatment that revitalises the skin tissues, stimulates cell metabolism, moisturises, soothes and protects the skin. Get sustainable results, with the desired lifting effect and a radiant skin.

## DEEP CLEANSING

MOISTURISING ————— 60' €85

A purifying treatment for oily and combination skins, with extraction and descaling. With antibacterial properties, essential oils penetrate deep into the skin, thus regulating the function of the sebaceous glands.



## SAYANNA BODY & SOUL

Separate yourself from your body for a while. We guarantee that when you return, you will feel much better in your own skin.

## ORIENTAL MASSAGE

RELAXING | PHYSICAL AND MENTAL BALANCE \_\_\_\_\_ 90' €110

This massage combines traditional practices from China and Japan which help to restore harmony between body, mind and soul. Through Shiatsu techniques and Tuina therapeutic massage, rebalances your energy, releases tension, improves posture and corrects organ dysfunction.

## HOT STONE MASSAGE

RELAXING \_\_\_\_\_ 90' €110

When heated and applied to the chakra points of the body, basalt stones transmit relaxing and wellness energies. Combining this effect with aromatherapy massage, you will feel calm and rebalanced.

## CANDLE MASSAGE

RELAXING | MOISTURISING | TONING \_\_\_\_\_ 80' €100

With its engaging atmosphere, this ritual is performed with unique fragrances adapted to you, increasing the involvement of the massage. A nourishing, toning and moisturising effect on the skin.

## BODY EXFOLIATION

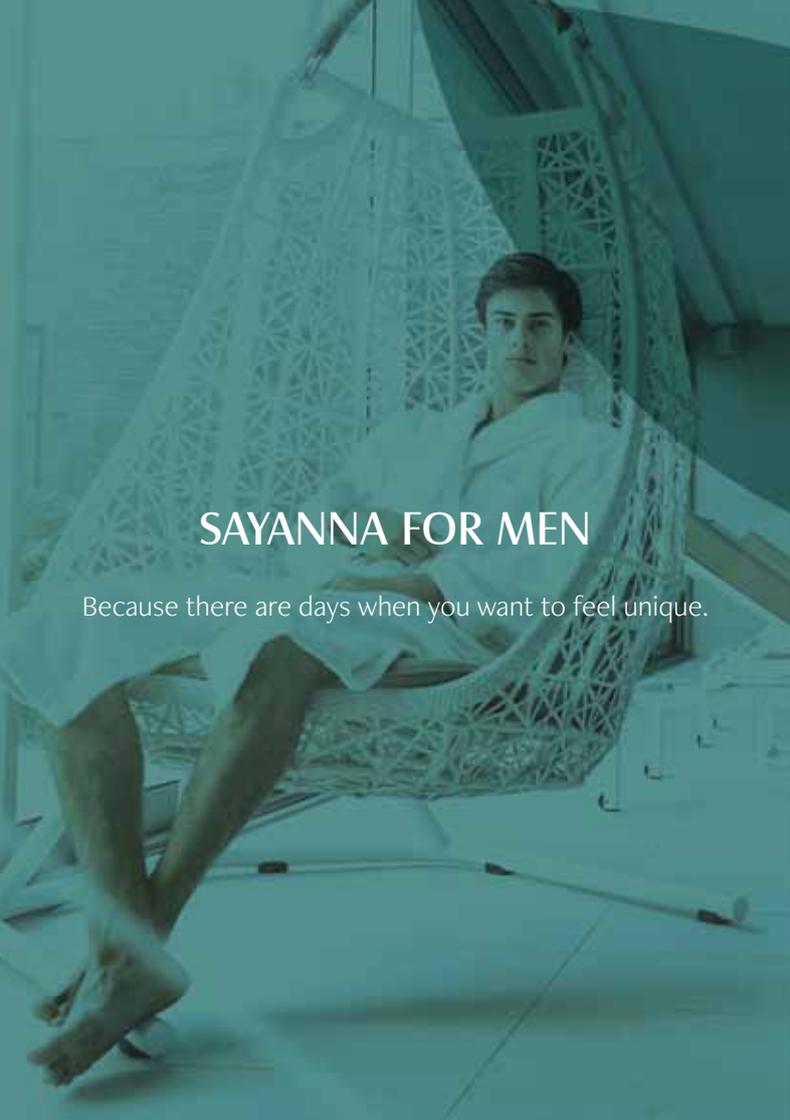
ENERGISING | TONING \_\_\_\_\_ 60' €80

Feel cool and refreshed with this detoxifying treatment. Comprising an exfoliation and wrap, this treatment is complemented by plantar reflexology massage that helps eliminate toxins. Tones, drains and oxygenates the skin.

## BODY & SOUL EXPERIENCE

REVITALISING \_\_\_\_\_ 120' €200

The perfect treatment to combat stress, physical and mental hyperactivity. Treatment consisting of an exfoliation to legs and feet, an aromatherapy body massage and a head and face massage. Using semi-precious stones to rebalance the chakras, helps to refresh your memory and regain the energy needed for daily life.



## SAYANNA FOR MEN

Because there are days when you want to feel unique.

### MEN'S FACIAL TREATMENT

MOISTURISING | REGENERATING \_\_\_\_\_ 60' €85

A treatment for all skin types. After cleansing, the skin is treated with essential oils and plant extracts to keep it luminous and moisturised. To complement the treatment, a cranial massage will relax your mind.

### GENTLEMAN'S RETREAT

RELAXING | MOISTURISING \_\_\_\_\_ 90' €125

After a back exfoliation and a relaxing back/scalp massage, we do a facial treatment with the best essential oils to balance, cleanse and moisturise the skin.

### SPORTS MASSAGE

REGENERATING | MUSCLE WELL-BEING \_\_\_\_\_ 60' €90

Through stretching, draining, muscle fiber crossing and Swedish massage techniques, we combine the best essential massage oils that also assist the circulation and eliminate accumulated lactic acid. You will feel relief from pain and muscle tension, reducing stiffness and the inflammatory process in the body.

## JET LAG MASSAGE

PHYSICAL AND MENTAL BALANCE ————— 90' €110

Massage technique which reactivates your physical and mental energy, combined with the use of carefully selected oils. The massage will balance your body, while relaxing the body and mind in order to get a restful night's sleep.

## BUSINESS EXPRESS MASSAGE

RELAXING | UNWINDING ————— 40' €60

The ideal massage for those who do not have much time, but need to relieve tension and accumulated stress. Using the technique of Swedish massage, with stretching and draining techniques, this will benefit the circulation, drain accumulated lactic acid and relieve muscle tension.



## SAYANNA EXECUTIVE

Take a break from work.

A person is leaning over a large, white, freestanding bathtub in a modern bathroom. The room is dimly lit, with light coming from two vertical rectangular windows in the background. The walls are dark, and the bathtub is the central focus. The person is wearing a light-colored shirt and dark pants. The overall atmosphere is serene and luxurious.

## SAYANNA FOR TWO

Immerse yourself in this experience and come out with your soul refreshed.

## SAYANNA EXPERIENCE FOR COUPLES

RELAXING \_\_\_\_\_ 90' €220

Enjoy our signature Treatment – the Sayanna Wellness Massage – for two, that provides moments of relaxation and well-being shared with all the luxury and refinement that you deserve.

## CANDLE MASSAGE FOR TWO

RELAXING | MOISTURISING | TONING \_\_\_\_\_ 90' €180

In an intimate atmosphere, we have created the perfect environment to share with your partner. This ritual is performed with unique fragrances adapted to you, enhancing the effects of the massage.

## CHOCOLATE MASSAGE

RELAXING | ENGAGING \_\_\_\_\_ 90' €180

Body massage with specific chocolate oil, a delicious and engaging treat for your body, an unforgettable ritual for two. By the end, you will feel your skin hydrated and radiant, with the aroma of chocolate.

## BATH RITUALS FOR TWO

RELAXING | MOISTURISING | ENGAGING \_\_\_\_\_ 120' €240

### Thermal Immersion

This bath ritual begins with an exfoliating body scrub, followed by immersion in a refined thermal bubble bath. If desired, during the immersion there is a massage with stones in the trapezoid area. At the end, there is a relaxing massage and your body is nourished either with an ultra-rich oil or a soft, fragrant milk. This leaves the skin with a silky feeling.

### Petal Immersion

This bath treatment begins with an exfoliating body scrub, followed by immersion in a refined and plant-perfumed bubble bath. If desired, during the immersion there is a massage with stones in the trapezoid area. At the end, there is a relaxing massage and your body is nourished either with an ultra-rich oil or a soft, fragrant milk. This leaves the skin feeling soft and smooth with the aroma of petals.

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**Enjoy your Sayanna Wellness experience in the relaxed and private surroundings of our VIP suite.**

Start off your treatments with a luxurious welcome ritual and surrender yourself to the treatment you have chosen. At the end, use a relaxation room where you can enjoy a treat we have prepared for you.

A woman in a white spa uniform stands in a spa room. She is holding a white towel. The room features large, abstract wall art with circular cutouts and a sofa with cushions. The lighting is soft and warm.

## SAYANNA EXPERIENCES

There are some experiences that the body never forgets.  
Enjoy a wide range of options, with unique treatments and nothing left out.

## SAYANNA FOR HALF A DAY

180' €220

Start your wellness day with a Personal Trainer in our Fitness Center, then enjoy our Spa facilities and finish off with the following treatments:

**EXFOLIATING BODY SCRUB**

**SAYANNA MASSAGE**

**OR**

**TAILOR-MADE**

## SAYANNA FOR A DAY

5Hrs. €350

Start your experience with the fantastic facilities that include a heated pool, sauna, Turkish bath and sensations showers. Then your therapist will meet you and the treatments begin:

**MORNING**

**EXFOLIATING BODY SCRUB**

**SAYANNA WELLNESS MASSAGE**

**OR**

**TAILOR-MADE**

After an exfoliating body scrub and our Signature Massage, no Spa experience would be complete without a light and balanced meal prepared by Chef Patrick Lefevre, especially for Sayanna Wellness, served in the Flor-de-Lis restaurant.

**AFTERNOON**

**SAYANNA FACIAL TREATMENT**

**CRANEO-FACIAL MASSAGE**

**OR**

**TAILOR-MADE**



## MOTHER-TO-BE EXPERIENCES

If your life changes, so will your skin.  
Feel even more special with massages and treatments  
created exclusively for mums-to-be.

### DRAINING MASSAGE

WELL-BEING ————— 30' €55

Reactivate the circulation in your feet and legs with this massage, supplementing with an exfoliation created for tired legs and fluid retention.

### RELAXING MASSAGE

RELAXING | UNWINDING ————— 60' €85

Feel your skin nourished and smooth, at a time of constant change. Traditional aromatherapy massage for the upper back and shoulders, followed by a leg massage. Finish off with a head and face massage. This treatment, in conjunction with the different oils you can choose from, will relieve you of any feeling of discomfort, as you reach a state of full and deep relaxation.

## WOMEN'S EPILATION

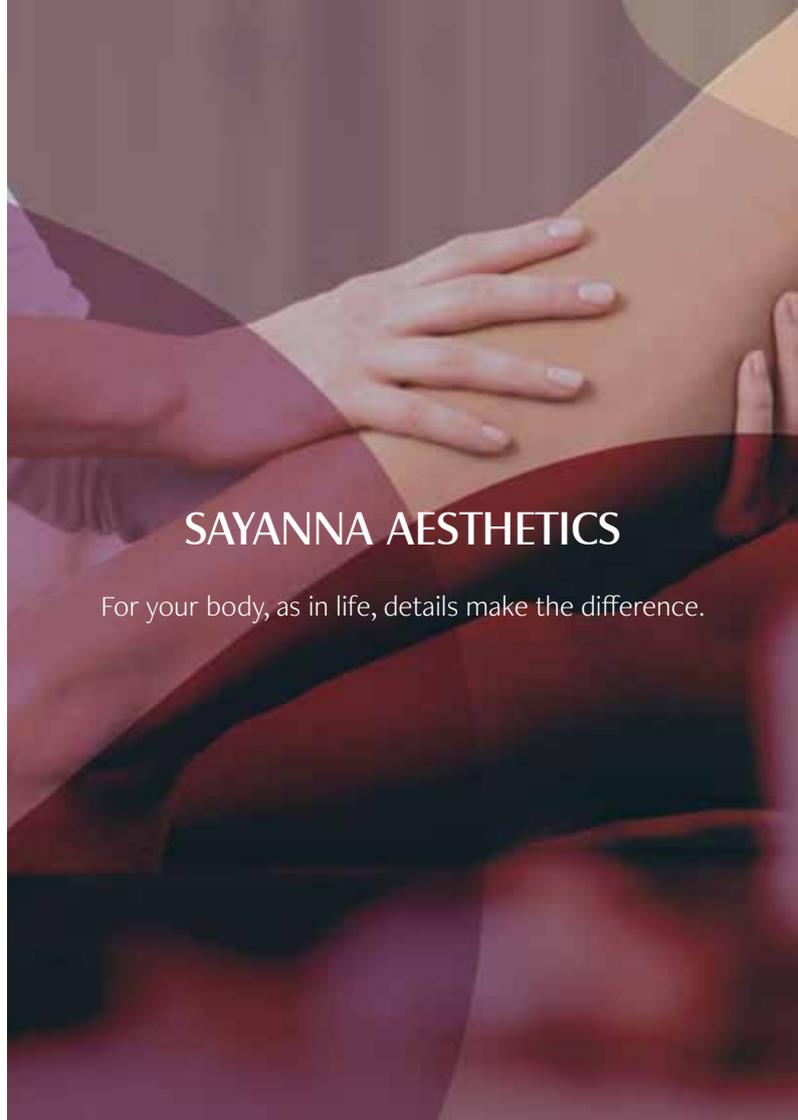
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Eyebrows	€10
Upper lip	€10
Underarm	€15
Bikini line	€20
Full bikini	€35
Half leg	€25
Full leg	€45
Arms	€25

## MEN'S EPILATION

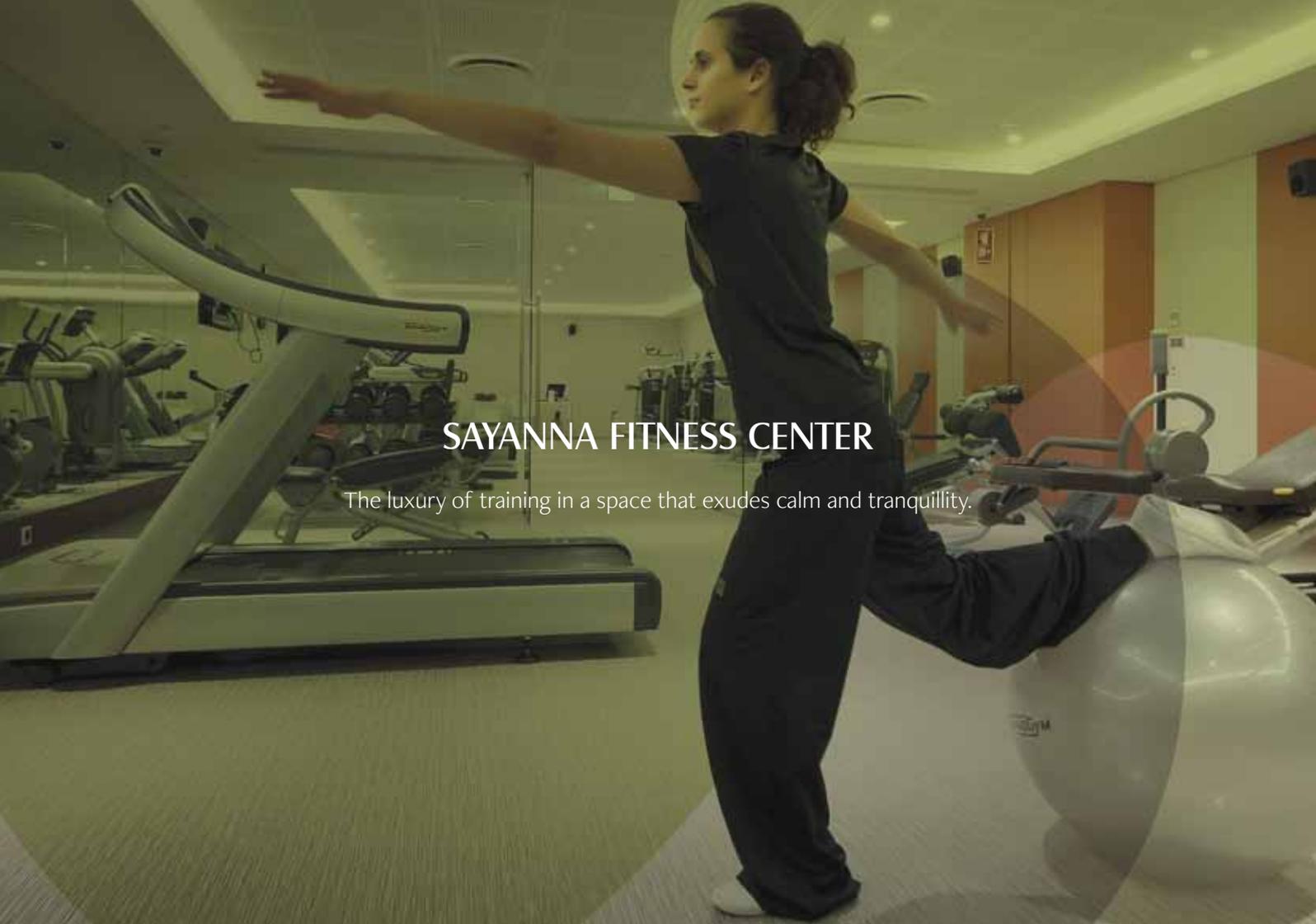
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Full leg	€55
Gluteus	€40
Underarm	€25
Back	€30
Abdomen	€30
Arms	€30



## SAYANNA AESTHETICS

For your body, as in life, details make the difference.



## SAYANNA FITNESS CENTER

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

In the Sayanna Wellness Fitness Center, you will find state-of-the-art machines and specialised personal trainers for a complete workout and adapted to your needs.

In the relaxing atmosphere of the SPA, you can train in total and exclusive tranquillity.

## Membership types:

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**EPIC Member** \_\_\_\_\_ €110  
From 7 am to 10 pm – Every day

**Couple Sayanna Pass** \_\_\_\_\_ €190\*  
From 7 am to 10 pm – Every day

**Weekend Wellness** \_\_\_\_\_ €60  
From 7 am to 10 pm – Weekends and public holidays

Monthly rates.

**Enrolment fee \*\*** \_\_\_\_\_ €150

\* Amount per couple. \*\* The enrolment fee includes a physical evaluation, training programme and two accompanied training sessions.

## Personal Training Sessions:

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**1 Session** \_\_\_\_\_ €55

**Pack of 6 sessions** \_\_\_\_\_ €275 (1 free session)

**Pack of 6 sessions** \_\_\_\_\_ €550 (2 free sessions)

## Exclusive benefits for Members:

For EPIC Members and Couple Sayanna Pass: 20% discount on the massage menu and Sayanna Wellness treatments

For Sayanna Off Peak and Weekend Wellness members: 10% discount on the massage menu and Sayanna Wellness treatments

Access to the Acqua Zone where you can use the pool, sauna, Turkish bath and ice fountain.

4 hours per day free parking at the EPIC SANA Lisboa Hotel.

10% discount in the Scale Bar, UpScale Bar and Flor-de-Lis Restaurant

For a maximum of 30 days per year, free use of Sayanna Wellness at the EPIC SANA Algarve Hotel.



AROMATHERAPY  
ASSOCIATES  
LONDON

## AROMATHERAPY ASSOCIATES

The best SPAS deserve the best products to take care of your well-being. That's why Sayanna Wellness has joined up with Aromatherapy Associates, a recognised London aromatherapy brand, to form a partnership that your body and soul will recognise.

## OPENING HOURS

**SPA** — Daily, from 07:00 am to 10:00 pm

**FITNESS CENTER** — Daily, 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.

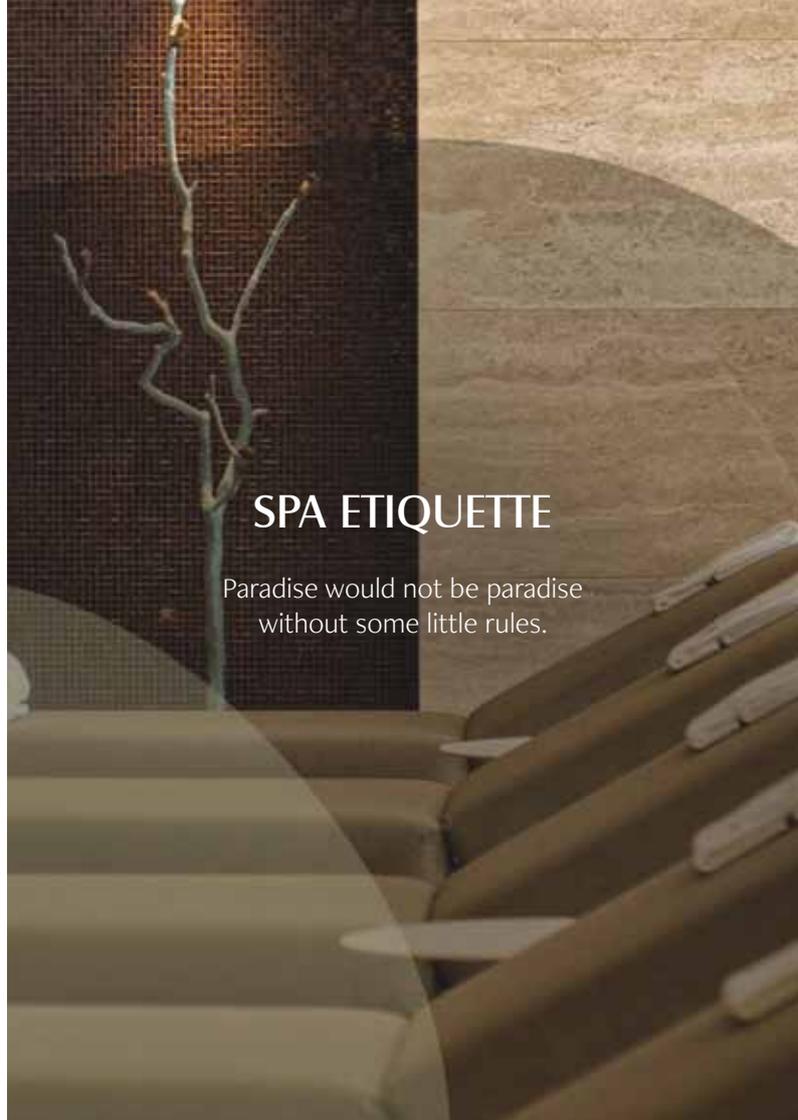
## VOUCHERS

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 some little rules.



EPIC SANA Algarve Hotel  
Pinhal do Concelho  
Praia da Falésia, Albufeira  
Phone +351 289 104 530  
Phone +351 289 104 300  
algarve@sayannawellness.com

EPIC SANA Lisboa Hotel  
Av. Eng. Duarte Pacheco 15  
1070-100 Lisboa  
Phone +351 211 597 390  
Phone +351 211 597 300  
lisboa@sayannawellness.com

EPIC SANA Luanda Hotel  
Rua da Missão  
Luanda - Angola  
Phone +244 222 642 608  
Phone +244 222 642 600  
luanda@sayannawellness.com

MYRIAD by SANA Hotels  
Cais das Naus, Lote 2.21.01  
Parque das Nações, 1990-173 Lisboa  
Phone +351 211 107 690  
Phone +351 211 107 600  
myriad@sayannawellness.com