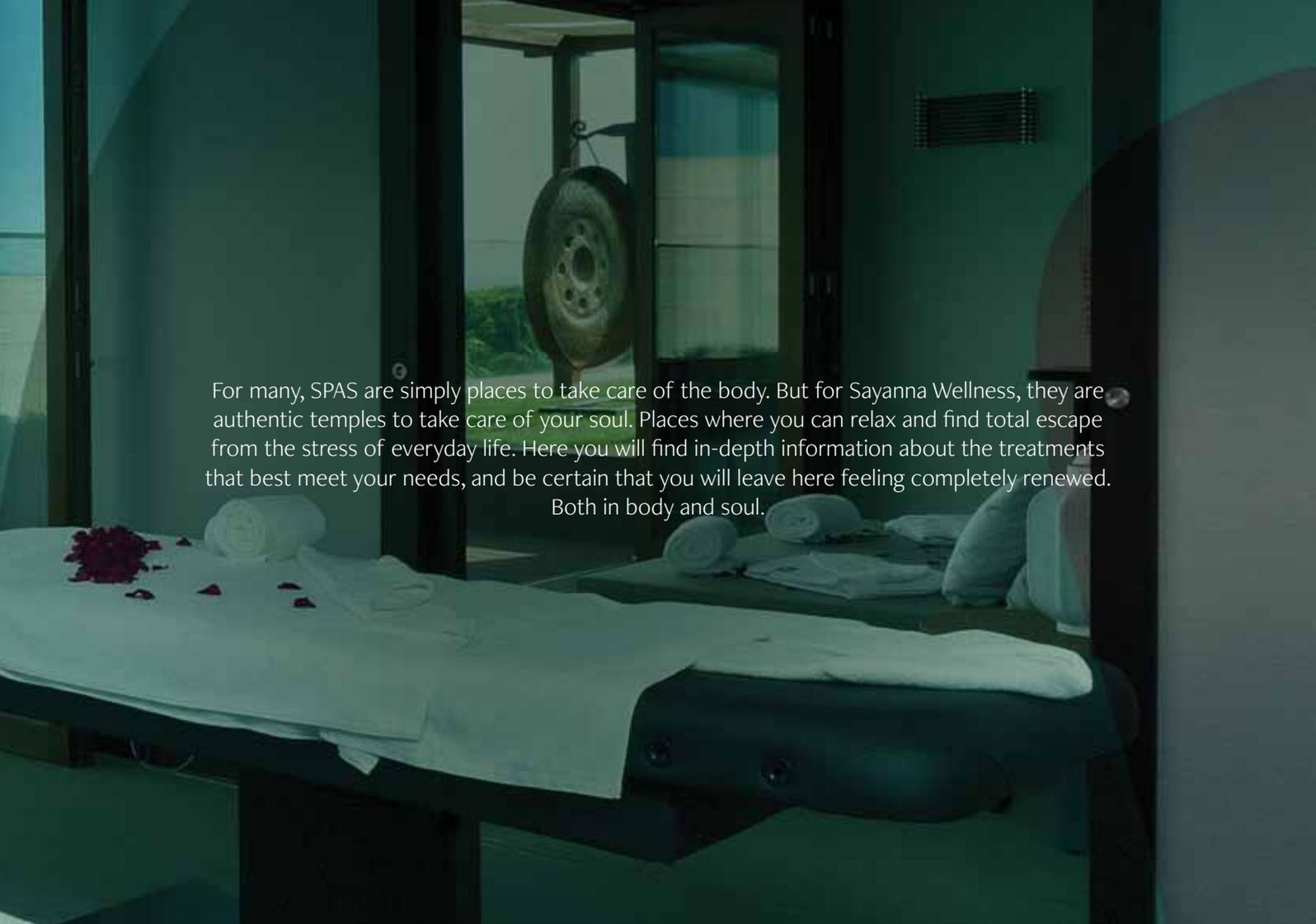




sayanna  
wellness



A serene spa treatment room with massage tables, white linens, and a large gong hanging in the background. The room is dimly lit, creating a calm and relaxing atmosphere. The text is overlaid on the image, providing information about the spa's offerings.

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 with a logo on the chest is standing in a spa room, preparing a drink in a glass. The room is dimly lit with a blue-green hue, featuring a massage table, a lamp, and a basket of fruit in the foreground.

## 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 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 \_\_\_\_\_ 90' €120

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 REVITALISATION

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 facial mask and a cold stone face massage.

## SAYANNA RELAXATION

RELAXING \_\_\_\_\_ 120' €170

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

## SAYANNA DETOX

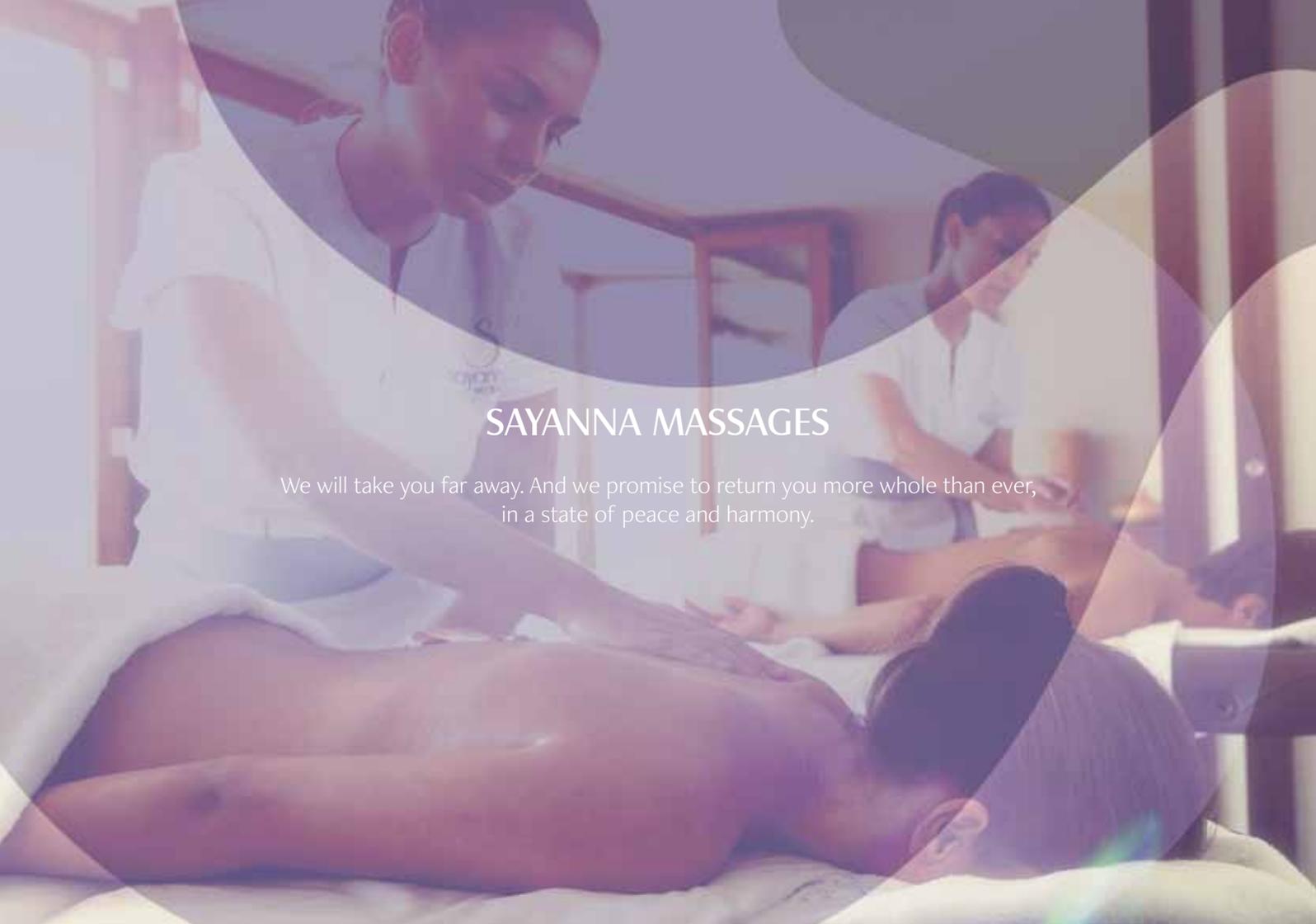
DETOXIFYING | MOISTURISING \_\_\_\_\_ 120' €180

Take care of your body and face with a single treatment; you will receive an exfoliating body scrub with olive stones, a mud pack, 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 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.

A woman in a white uniform is performing a massage on a client lying on a table. The client is lying on their back, and the woman is leaning over them, applying pressure to their back. The setting appears to be a spa or massage parlor with wooden accents and a warm atmosphere. The image is overlaid with a semi-transparent purple and blue gradient.

## 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.

## KAORI-RELAXATION

RELAXING \_\_\_\_\_ 25'/50' €45/80

With free and continuous movements, this massage combined with aromatherapy will bring you total serenity and an unparalleled feeling of well-being.

## DEEP KINCHO

MUSCLE HEALTH | REVITALISING \_\_\_\_\_ 25'/50' €45/80

Through deep massage movements we will reduce muscle tension and unblock all muscular contractions.

## HEDDO

PHYSICAL, MENTAL AND EMOTIONAL BALANCE \_\_\_\_\_ 25' €40

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.

## HARA-SHIATSU

MUSCLE HEALTH | REVITALISING \_\_\_\_\_ 75' €90

Traditional Japanese therapy that applies gentle but deep pressure on energy points, restores balance and ensures the release of all accumulated fatigue, bringing overall wellness.

## TSUE BAMBU

IMPROVED BLOOD CIRCULATION \_\_\_\_\_ 50' €70

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

## PINDAS BAGS

PHYSICAL, MENTAL AND EMOTIONAL BALANCE \_\_\_\_\_ 50' €70

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.

## HOT STONE

RELAXING \_\_\_\_\_ 80' €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.

## ASHI REFLEXOLOGY

RELAXING | REVITALISING \_\_\_\_\_ 45' €55

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.

## KAWAI-MUM

RELAXING \_\_\_\_\_ 50' €70

Massage for prospective mums, adapted to each stage of pregnancy in order to relieve all the tensions caused by their situation.

## ZENTAI CRYSTAL

MENTAL AND EMOTIONAL BALANCE \_\_\_\_\_ 50' €80

On a journey through the holistic, you will find the crystals and all of their power to balance all areas: physical, energy, mental and spiritual. This is an escape to other dimensions.

## TEEN KODOMO

RELAXING \_\_\_\_\_ 25' €40

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

## VICHY RELAXATION

RELAXING \_\_\_\_\_

Two hands \_\_\_\_\_ 25' €45

Four hands \_\_\_\_\_ 45' €90

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

## PETAL IMMERSION

DETOX | RELAXING \_\_\_\_\_ 80' €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

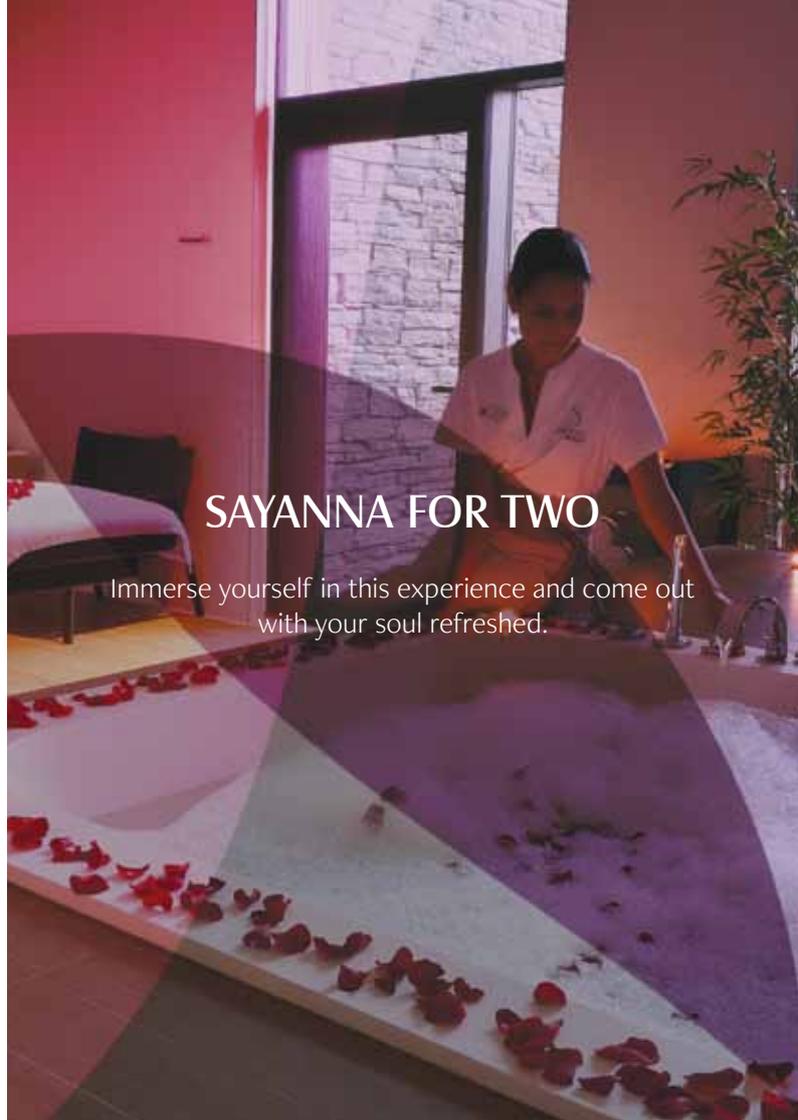
DETOX | RELAXING \_\_\_\_\_ 80' €160

A relaxation massage combined with aromatherapy where you as a couple will have time to relax in a bath scented with lavender oils or in our outdoor jacuzzi.

## RELAXATION FOR TWO

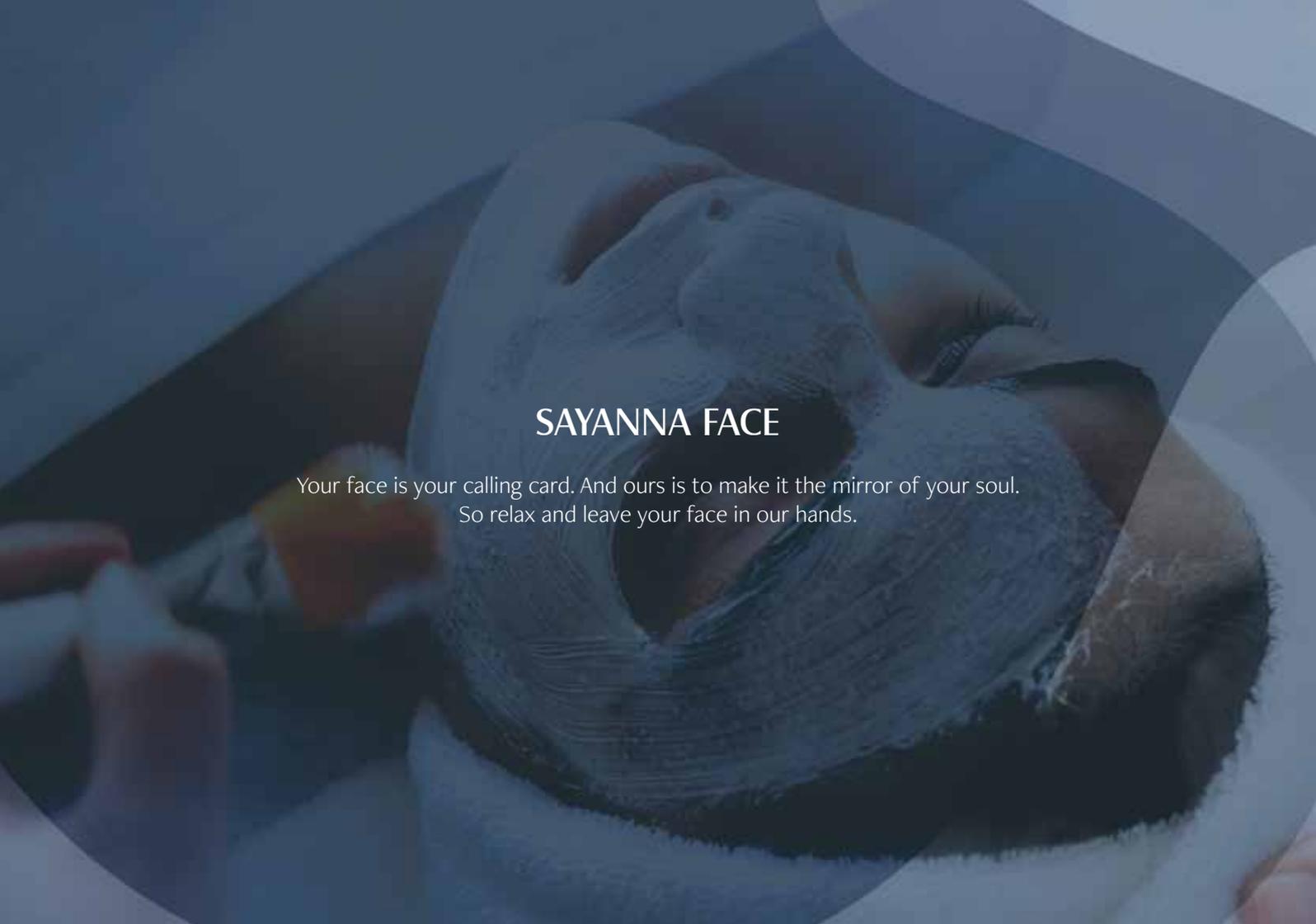
PHYSICAL, MENTAL AND EMOTIONAL BALANCE \_\_\_\_\_ 90' €180

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



## SAYANNA FOR TWO

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

A close-up photograph of a woman's face lying back, with a thick white facial mask being applied. A hand is visible on the left, using a brush to spread the mask. The image is overlaid with a semi-transparent dark blue filter.

## 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.

## MOISTURISING FACIAL

MOISTURISING \_\_\_\_\_ 50'/80' €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'/80' €80/95

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

## REGENERATING FACIAL

REGENERATING | MOISTURISING \_\_\_\_\_ 50'/80' €80/95

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

## BOTOX EFFECT FACIAL

ANTI-AGEING | FIRMING \_\_\_\_\_ 50'/80' €90/105

Anti-ageing treatment, involving a flash facial lift.

## GOLD FACIAL

MOISTURISING | REGENERATING \_\_\_\_\_ 50'/80' €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.

## PLATINUM FACIAL

FIRMING | MOISTURISING \_\_\_\_\_ 50'/80' €100/105

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'/80' €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'/80' €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.



## SAYANNA BODY & SOUL

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

## SCRUB TREATMENT

DETOX \_\_\_\_\_ 25' €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 \_\_\_\_\_ 80' €85

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

## ANTI-CELLULITE TREATMENT\*

FIRMING | TONING \_\_\_\_\_ 80' €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 \_\_\_\_\_ 80' €95

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

## ANTI-SAGGING TREATMENT\*

SLIMMING | TONING \_\_\_\_\_ 80' €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 \_\_\_\_\_ 80' €95

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

## CAPILLARY TREATMENT\*

\_\_\_\_\_ 80' €95

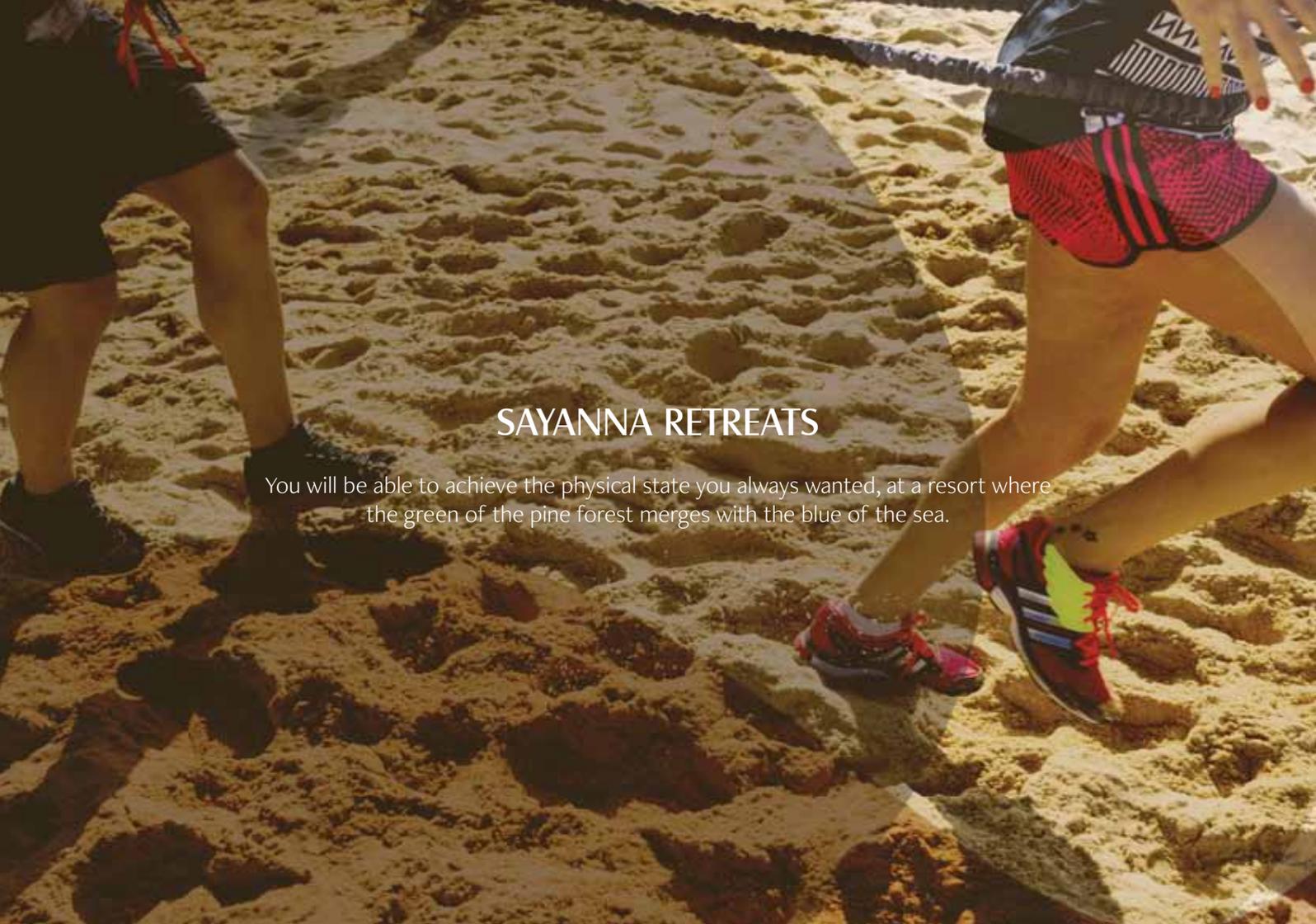
This treatment stimulates and regenerates hair follicles and even stimulates their growth and strength.

## HIKARI

LYMPHATIC DRAINAGE \_\_\_\_\_ 25'/50' €40/70

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 and vary according to the areas to be treated, ranging from 50' to 80'.

A person in athletic gear is running on a sandy beach. The runner is wearing a black top with white stripes, red and black patterned shorts, and colorful running shoes. Another person's legs in black shorts and shoes are visible on the left. The sand is golden and shows many footprints. The text 'SAYANNA RETREATS' is centered in the middle of the image.

## SAYANNA RETREATS

You will be able to achieve the physical state you always wanted, at a resort where the green of the pine forest merges with the blue of the sea.

## SAYANNA LUXURY DE-STRESS

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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

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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 PURE DETOX

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

## PREMIUM HEALTH CHECK-UP

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Combine a luxury stay at the EPIC SANA Algarve with a general clinical check-up on your health. The programme includes medical and clinical tests, from which a dietary and training plan suited to your needs will be drawn up.

## SAYANNA LUXURY BOOTCAMP

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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 YOGA RETREAT

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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 SUP WATER FITNESS

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Stand Up Paddle, a functional training activity of Hawaiian origin, consists of standing on a board using an oar as a means of propulsion. It provides a cardiovascular workout that exercises the entire body. Supplemented with a dietary plan, this is the best programme for water lovers who want to lose weight.

Prices on request.



# SAYANNA AESTHETICS

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

## WOMEN'S EPILATION

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Eyebrows	€8
Upper lip	€8
Underarm	€15
Arms	€20
Bikini line	€15
Half leg	€25
Full leg	€45

## MEN'S EPILATION

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

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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)	€65		
Annual (Sign-up Fee €50)	€700		

#### Weekend passes

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

#### PT sessions

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

#### Duo Session

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.



## 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. 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 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 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  
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Luanda - Angola  
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Phone +244 222 642 600  
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