

# CALLA

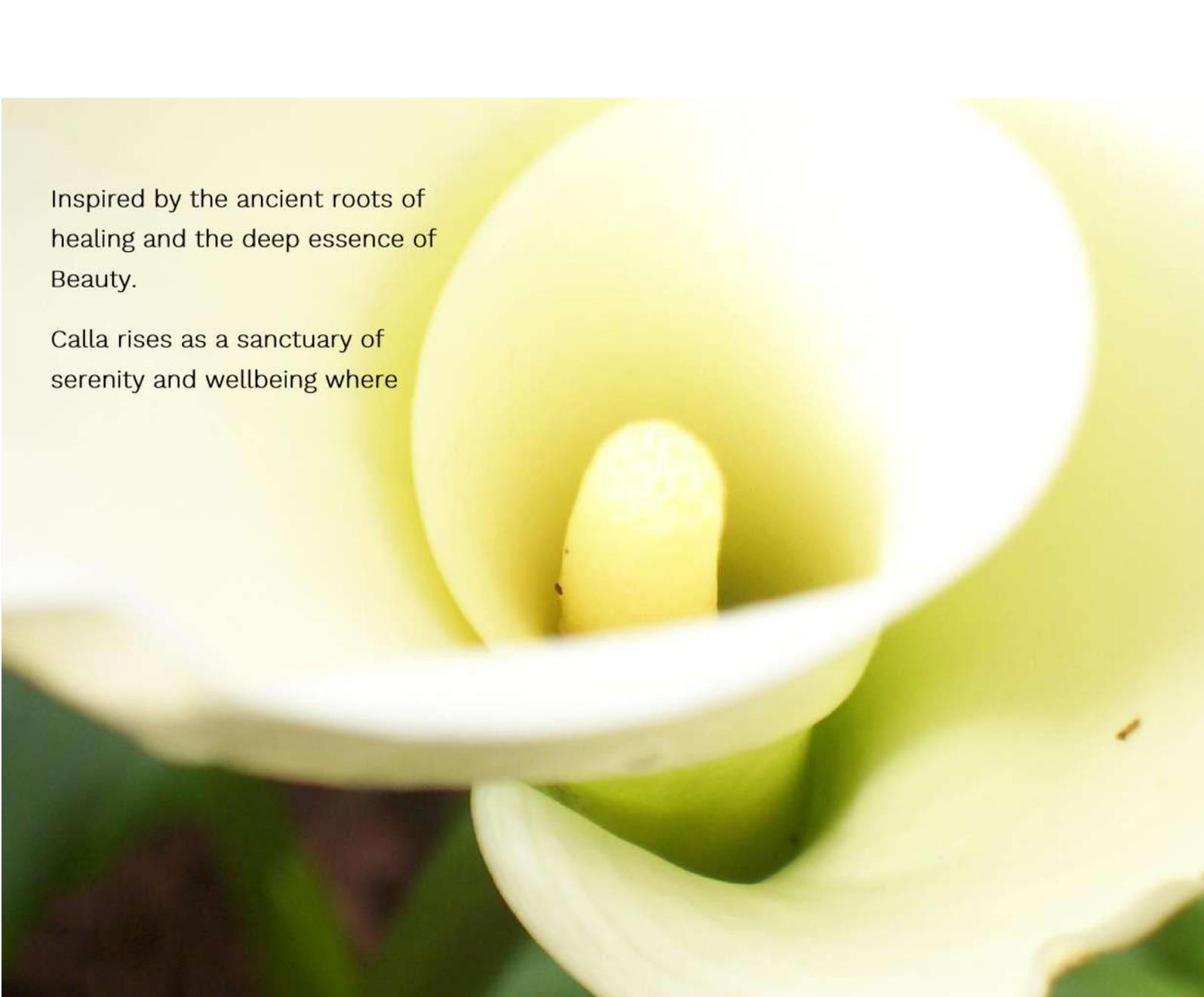
## WELLNESS & SPA

# SPA MENU

*ENG*

Tuesday to Sunday 10am to 8pm  
Monday 2pm to 8pm

[info@calla-spa.com](mailto:info@calla-spa.com)  
Tel. 00351 914 149 645



Inspired by the ancient roots of healing and the deep essence of Beauty.

Calla rises as a sanctuary of serenity and wellbeing where

## WELCOME

Dear Guest, welcome to Calla Wellness & Spa. Our team of beauty and health therapists will take you on a journey of self-discovery... all our treatments have been designed to create a relaxing and reinvigorating experience whilst stimulating your senses. Our protocols are tailor-made using nothing but the best organic, natural and plant-based products, from Phyt's and Oliófora.

## ABOUT PHYT'S

Phyt's is a certified organic and eco-conscious skin care brand. In Calla Wellness & Spa, we selected Phyt's as the main brand for our signature, facial and body treatments. In 1972, Biologist and Naturopath Jean Paul Llopart joined forces with Esthetician Rosanne Verlé to create PHYTAL, a natural cosmetic brand designed specifically for the Professional Esthetician. Inspired by their revolutionary approach in which beauty is inseparable from overall health, they laid the foundation for Naturo-Esthétique® by linking ecology with a natural philosophy.



## ABOUT OLIÓFORA

The Project Oliófora has started in 2013 by two friends: Elisabete and Daria. One born in Trás-os-Montes, Portugal, and the other in St.Petersburg, Russia. The idea was to create an agro-industrial business making a difference by using some wonderful raw materials that grow abundant on the North of Portugal. Oliófora uses cold-pressed oils. Some of the products include: exfoliants, algae and floral wrap kits, anti-cellulite products, pure oils, luxury massage oils and essential oils to be mixed individually by therapist.



## BEAUTY FOR THE FACE

Certified Organic Facial Treatments individually designed for each client - to restore, renew and refresh your skin naturally.

### THE ULTIMATE ANTI-AGING FACIAL

Age-defying treatment for nourished skin and a more radiant complexion.

85 min. – 160€

### THE SOOTHING FACIAL

Designed for sensitive skin or used as an after-sun facial. The skin will be soothed, and sensation of discomfort reduced.

55 min. – 140€

### MEN'S FACIAL TREATMENT

Rejuvenating Men's Face Care. Purified skin, refreshed complexion, refined and tightened skin texture.

55 min. – 140€

### SKIN CLEANSING FACIAL

Skin cleansing treatment with exfoliation, steaming, extraction (if required) and deep skin hydration (serum, mask, and moisturizing cream) using massage maneuvers tailored to your skin's needs.

55 min. – 130€

### DEEP SKIN CLEANSING FACIAL

Skin cleansing treatment with steaming, ultra-sonic peeling, extraction (if required) and deep skin hydration (serum, mask and moisturizing cream) using massage maneuvers tailored to your skin's needs.

85 min. – 160€

## BEAUTY FOR THE BODY

Certified Organic Body Treatments; an holistic, luxurious spa experience for the body, mind and soul.

### THE SPICY BODY SCRUB AND MASSAGE

A Scrub that will reveal your skin's beauty whilst awakening your senses. Followed by a precious nourishing massage.

85 min. - 160€

### DEEP HYDRATION BODY SCRUB

A full body hydration scrub that will leave your skin smooth and moist.

55 min. - 130€

### THE FLORAL & ALMOND MILK BODY WRAP

This fragrant body wrap has a moisturizing and regenerative effect on your skin. Immerse in a cocoon while indulging in a soothing scalp massage.

55 min. - 140€

### THE AFTER-SUN CARE

Softening after-sun cocktail to calm, purify and soothe skin exposed to sun.

\*(includes after-sun facial)

55 min. - 130€

95 min. - 250€\*

### NOURISHING FOOT TREATMENT

This luxurious treatment will uplift your day. Your feet will soak in warm water with salts and essential oils whilst enjoying an eye massage. Exfoliation follows and a nourishing feet massage will complete the experience.

45 min. - 80€

### NOURISHING HANDS TREATMENT

Treat your hands like royalty! Your hands will be gently scrubbed. Then, they will be dipped in a warm paraffin wax bath for an instant joints and muscles relaxation. We then massage your hands, leaving them soft and hydrated.

45 min. - 80€

## SIGNATURE CALLA MESSAGES

Certified organic natural oils are used in all our bespoke massages for a luxurious, relaxing and invigorating moment.

### GEMSTONE FACIAL MASSAGE

Specially designed facial massage using gemstones to lift, lighten and energise your skin. *Uma massagem facial desenvolvida em exclusivo para estimular, iluminar e energizar a pele do rosto, utilizando pedras semipreciosas.*

1 PAX

25 min. – 75€

### BESPOKE THERAPEUTIC MASSAGE – massage oil or warm candle oil

Therapist will first take time to understand your individual needs and then create a bespoke therapeutic massage not soon to be forgotten (relaxing, deep tissue or sports massage). When done as a couple, the flowing movements are applied in a synchronized manner so you can both connect to this deep sense of relaxation.

1 PAX / 2 PAX

25 min. 75€ / 140€

55 min. 120€ / 210€

85 min. 160€ / 300€

### HOT STONE THERAPEUTIC MASSAGE

Basalt stones will be heated and then placed in your body in specific areas. Are also used to create deeper massage pressure. These manoeuvres help melting away tension, ease muscle stiffness and increase circulation and metabolism.

1 PAX / 2 PAX

85 min. 160€ / 300€

### 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.

1 PAX

55 min. – 130€

85 min. – 180€

### MUMMY & ME/ DADDY & ME MASSAGE

Have the best bonding time with your little one. We have created a fun and relaxing treatment for both to enjoy. Starting off with a fizzy foot soak and followed by a full-body relaxing massage.

2 PAX

55 min. – 210€

### LYMPHATIC DRAINAGE AND DETOX TREATMENT

Lymphatic drainage techniques will be used to stimulate your lymph nodes, helping eliminate fluid and toxins in the body, making you feel lighter. Great treatment after a long-haul flight.

1 PAX

55 min. – 120€

### SHIATSU (upon request)

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.

1 PAX

55 min. – 130€

### PHYSIOTHERAPY (upon request)

During your stay, physiotherapy can help improve movement, decrease pain and restore your wellbeing through movement and exercise, manual therapy, education and advice.

1 PAX

55 min. – 140€

### OSTEOPATHY (upon request)

Osteopathy emphasizes in manual readjustments, myofascial release and other physical manipulations of muscle tissue and bones. Does not concentrate only on the problem area, provides overall good health and well-being.

1 PAX

55 min. – 140€



## IN YOUR ROOM

For rooms with Bathtubs & Jacuzzis only.

### COUPLE'S MASSAGE DELIGHT + INVIGORATING BATH RITUAL

Precious nourishing candle massage oil will be used for your full body therapeutic massage, followed by a relaxing and invigorating bath with organic essential oils, spices, flowers and bath salts.

2 PAX

85 min. – 300€

## BEAUTY SERVICES

These services are available upon request only.

### HAIR

Hairdressing is very personal, and our highly skilled stylists understand how important it is to get it just right for that special occasion.

Blow Dry	80€
Hair Up & Styling	120€
Haircut	120€
Bridal Hair	price upon request

### MAKEUP

Our makeup experts will always use nothing but the best makeup to enhance your natural beauty, ensuring you look fabulous whatever the occasion.

Personalised Makeup	120€
Bridal Makeup	price upon request

## NAILS /UNHAS

### Signature Manicure

Your nails will be groomed and shaped and your cuticles gently treated. The treated areas will be deeply conditioned. Finally, a nail polish of your choice will be applied.

Regular polish – 45€

Shellac polish – 55€

### Signature Pedicure

Your nails will be groomed and shaped and your cuticles gently treated. Roughened skin will be exfoliated, followed by a soothing and hydrating foot and lower leg massage. Finally, a nail polish of your choice will be applied.

Regular polish – 65€

Shellac polish – 75€

### Gel, Acrylic Nails

price upon request

## WAXING

We utilize fast, sanitary state of the art techniques and waxes. For male and female. For eyebrows and upper lip, you can choose waxing, tweezing or threading.

### 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

These services are available upon request only.

### Personal Training

Each training session will be guided by a professional based on your specific needs.

Individual 55 min. – 80€

85 min. – 120€

### Yoga

Yoga uses asanas (postures), focused concentration on specific body parts, and pranayama (breathing techniques) to integrate the body with mind and mind with soul.

### Pilates

Pilates is a body conditioning system that improves muscle tone, balances musculature, builds flexibility and muscle strength. It supports correct posture and teaches us to move with ease and grace.

Individual or small groups up to 3 people

55 min. – 80€

85 min. – 120€

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## BABYSITTING

You can request Babysitting/Nanny services at any time you need (upon request only). We guarantee the satisfaction of our clients. Your child's care and wellbeing will be for us a priority. We have a 2 hour minimum booking policy.

(price for up to 3 children) 60 min. – 25€

# SPA ETIQUETTE

## RESERVATIONS AND CANCELLATION POLICY

Reservations may be made at the Spa reception or at the Hotel reception during the opening hours. For out-of-office appointments, please contact the hotel reception to check availability of therapists and facilities.

External customers must make a prepayment of 50% of the total value of the service, as a form of pre-booking. The remaining 50% will be charged after completion of the treatment.

Clients should attend 10 minutes before the start of the service so as not to delay the start of treatment. Delays in treatment attendance will result in a proportional reduction in treatment time, out of respect for the other Spa guests. If you are unable to attend the appointment, please be kind enough to cancel it with at least 12 hours' notice. When an appointment is cancelled less than 12 hours in advance or in case of no-show, it will be cancelled, and no reordering or credit will be possible. The cancelled treatment will be charged 50% of the total amount.

## GIFT VOUCHERS

Gift Vouchers are valid for 6 months from the date of issue. They are personal and non-transferable, non-refundable and non-exchangeable. In case of making an appointment and cancel it with less than 12 hours or in cases of no-show, 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, to verify the absence of contraindications regarding the use of the spa area.

Inform in advance if you have any pathology, physical condition or pregnancy that may condition or prevent the performance of any facial or body treatment, so that we can adapt or advise the best experience for you. Treatments are not accessible to persons under 16 unless accompanied by parents or a responsible person.

Calla Wellness & Spa reserves the right to interrupt and refuse the continuation of the contracted service, in cases of sexual, verbal or non-verbal harassment, charging the value of the service initially contracted in full. In these situations, the therapist must immediately leave the treatment room and report the situation to the Technical Director.

## WARNING

The management declines all responsibility in the event of theft or loss of personal belongings.

## HEALTH DISCLAIMER

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

  
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[www.torelavantgarde.com](http://www.torelavantgarde.com)

TOREL 1884  
SUITES & APARTMENTS  
Rua Mouzinho Silveira 228  
4050-417 Porto  
[www.torel1884.com](http://www.torel1884.com)

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