

*We welcome you to
our Amai Spa.*



amai
SPA



THE AMAI TOUCH

"Amai" meaning "Dolce" in Japanese is an allusion to the East's centuries-old connection to beauty care. Let yourself be inebriated by the sweet and delicate touch of our therapists and the products with natural ingredients from ***Arômes Natur.***





THE AMAI ESSENCE

Enjoy our aromatic synergy with lemongrass, grapefruit, lemon, maritime pine, mint and bergamot.

The Oriental citrus aromas awaken the senses and prepare body and mind for our treatments and massages.

Lemongrass

Relives stress and fatigue

Grapefruit

Reduces tension and mental exhaustion

Lemon

Energizing and stimulating

Maritime pine

Analgesic and anti-depressant

Mint

Relieves muscle fatigue

Bergamot

Strengthens self-confidence and well-being





BODY TREATMENTS BY ARÔMS NATUR

Body Exfoliation

Imagine yourself on the stunning beaches of the Japanese coast with this ocean-inspired deep exfoliation. The soft touch application of sea crystals even out the skin making it smooth, while pure cocoa and laminaria algae nourish and moisturize, imparting an aroma that relaxes body and mind.
60€ - 30 min

Body Treatment

The luxury feeling of cocoa from Ghana unites with the delicacy of the Amai touch for a unique sensory experience and a complete treatment that includes exfoliation and involvement. Using one of the purest and most complex cacao beans in the world, rich in theobromine, which promotes relaxation and tissue disinflammation while nourishing and moisturizing.
95€ - 60 min

Therapeutic Treatment

A localized intervention composed of exfoliation, application of therapeutic mud and massage, aims the treatment of pain or muscle tension. Using 100% natural raw materials, promoting tissue remineralization, reduces muscle stiffness and pain, allows the drainage of excess lactic acid and fights muscle fatigue.
105€ - 60 min

FACE TREATMENTS BY ARÔMS NATUR

Custom Rebalancing Treatment PROBIOTIC SKIN BALANCE

Facial treatment that promotes the skin's microbial community through the supply of pre and pro-biotics. The skin is brighter, more balanced and healthier, and the results are visible from the very first treatment.
85€ - 50 min

Anti-Age Facial Treatment ROSA DA BULGÁRIA REGENERADOR

Facial treatment for deep regeneration of the skin that delays aging due to the stimulation of cell division and the antioxidant and nourishing action from Bulgarian rose. It restores a healthy and luminous look to the skin.
105€ - 60 min



AMAI SPA MASSAGES

Relaxation Massage

In Japanese culture Shiron-yoku means the feeling of relaxation caused by contact with nature. Be inspired by our idyllic landscape and enjoy this full body massage to activate your senses and relax your mind.

85€ - 50 min

Sports Massage

This massage is specially designed to work on body areas that influence physical activity.

Sports massage is an important way to treat muscle tension in athletes, and can be used regularly to help prevent injuries due to exhaustion.

95€ - 50 min

Partial Massage (Back or Legs)

Using 100% natural products from Arôms Natur, this is a localized massage, with the option of back or legs. Ideal to stimulate circulation and relieve contractures, giving elasticity and greater mobility to the joints.

55€ - 30 min

Foot reflexology massage

Used 100% natural products from Arôms natur

Foot reflexology consists of applying pressure to points on the foot to balance the body's energy and prevent the emergence of diseases and health problems. Reflexology is a type of complementary therapy, carried out by a reflex therapist, who studies the body's reflex points and nerve endings present in the feet, ensuring physical and mental well-being.

65€ - 50 min

Candle Massage by Miyoko

MYOKO, which means "the generation of beauty" in Japanese, is a Portuguese brand that brings to the market an oriental, more exotic identity. In this massage, the flickering light of the candle stimulates the visual cortex, while the warm, scented oil, with 95% natural ingredients, relaxes the body, providing a unique moment of well-being.

95€ - 50 min



EXPERIENCES FOR TWO BY AMAI SPA

Relaxation Massage

Stimulate Koi energy with this massage that uses a powerful aromatic synergy. A fragrance that permeates the space and involve the bodies, promoting chemistry between the couple, while causing deep relaxation of body and mind.

155€ - 50 min

Inlove Ritual

The sweet, intoxicating aroma of chocolate is the star of this ritual for two that uses 100% natural cocoa from Ghana as the main ingredient. It melts into a fluid cream that nourishes the skin and awakens the senses.

175€ - 50 min

Luxury Ritual

A truly luxurious ritual with three moments. It begins with an exfoliation that frees the skin of toxins and prepares it for the next moment: a sensorial bath for two that combines the lightness of warm water with the pure cocoa beans. The treatment ends with an enveloping and relaxing massage.

240€ - 90 min





SPECIAL FOR PREGNANTS

Relaxing Massage 3 Lavenders

In Japanese culture it is common for mothers to be, to go to the temple to ask the Gods for protection during childbirth. At our wellness temple we have a full body massage for pregnant women that soothes muscle tension and provides a sense of well-being and tranquility.

75€ - 50 min

Light Legs Treatment

One of the biggest complaints of pregnant are sore and tired legs. This is the ideal treatment to relieve that condition. An immediate sensation of lightness through the use of products with natural ingredients.

85€ - 50 min

KIDS MASSAGE

Kids Relaxing Massage

In the Japanese tradition the experiences provided to the children are very important for the parents. At Amai Spa we have for our little customers a relaxing and moisturizing massage, made with products with natural ingredients that provide elasticity to the growing tissues.

45€ - 30 min

Cocoa Kids Ritual

Children will love this massage. The sweet cocoa aroma awakens the senses and happy memories of the little ones, helping to calm and dose energy. Ideal for children and a rest for parents!

55€ - 30 min



SPA ETIQUETTE

We want your Spa experience to be unique! So in order for you to fully enjoy our AMAI SPA you should pay attention to the following procedures:

- 1) All Amai Spa massages and programs are available to Hotel guests and external clients, with prior booking required, subject to availability;
- 2) Use of Spa services by pregnant women is restricted. Please seek advice at the Spa reception or from a therapist;
- 3) The client is requested to be present at the Spa at least 15 minutes before the scheduled time in order to check-in and prepare for the use of the reserved services;
- 4) Completion of a client form is mandatory prior to using any Spa services and it is the client's responsibility to report any health or other relevant issues;
- 5) Late arrivals may limit the length of your massage or experience, according to other existing appointments;
- 6) The Spa provides its clients with a key to a locker, in which a bathrobe and slippers are provided. The key must be handed in at Spa reception or main reception on departure;

7) Children under the age of 16 are not permitted to use the Spa water circuit. We offer massages for children, please seek advice at the Spa reception;

8) To use the water circuit you must bring a swimming cap, swimsuit or bikini and slippers. Customers staying at the hotel who wish to use the water circuit should come equipped with bathrobe and slippers that are available in the room;

9) The consumption of food, alcoholic or other beverages is prohibited in the water circuit;

10) In order to contribute to a peaceful environment and atmosphere, the use of technological devices such as cell phones, tablets, etc. is prohibited.

11) Amai Spa is not responsible, either civilly or criminally, for damages suffered by the client as a result of the incorrect use of the spaces/equipment existing in the facilities, or for the loss, theft and/or damage of personal objects;

12) Being the peaceful and relaxing environment one of the characteristics of Amai Spa we ask you to have moderation in noise. Promote and respect silence!

13) Amai Spa may change the Treatment Menu and campaigns in force without prior notice;

14) All Amai Spa services include VAT at the current rate.

Cancellation Policy (Hotel Guests)

Free cancellation up to 24 hours in advance;
No-show or cancellation after 24 hours, payment of 100% of the value of the massage / service scheduled;

External Client (Not Hosted)

Pre-payment of the scheduled massage/service requested;

In case of cancellation or justified no-show a voucher valid for 12 months from the date of issue will be given;

Torres Vedras
(+351) 261 960 909
spa@dolcecamporeal.com
www.dolcecamporeal.com/pt



