# **Beauty Essentials**

## Hands & Feet

Basic Manicure

• Basic Manicure	25€	LVL lasnes for lift, volume	48€
<ul> <li>OPI Gel</li> </ul>	35€	and length	
<ul> <li>Paraffin wax</li> </ul>	12€	<ul> <li>Henna Brows complete</li> </ul>	
<ul> <li>Pedicure</li> </ul>	40€	reshaping and design	45€
OPI Pedicure	45€	Brow lamination	30€
<ul> <li>Medi Pedicure</li> </ul>	50€		J
		Lash Extensions	
Calmana and an dama by Fal (1)		Individual lashes	
Gel removal not done by Estética is an additional.	5€	Classic Natural look	from <b>30€</b>
Gel removal with no manicure or re application.	15€	Hair Removal	
(This includes file and buff)		Half leg wax	20€
		<ul> <li>Hollywood</li> </ul>	35€
Eyelash/Eyebrow Tinting		<ul> <li>Brazilian</li> </ul>	25€
For a semi permanent colour. To		<ul> <li>Bikini wax</li> </ul>	20€
enhance your own lashes or brows.		<ul> <li>Underarm wax</li> </ul>	15€
Brown, black or blue black tint.		<ul> <li>Eyebrow wax &amp; shape</li> </ul>	10€
<ul> <li>Eye lash tint</li> </ul>	18€	<ul> <li>Full leg wax</li> </ul>	30€
<ul> <li>Eyebrow tint &amp; shape</li> </ul>	18€	<ul> <li>Back wax</li> </ul>	20€
• Both together	30€	• Lip and chin wax	15€

IVI Jashes for lift valume

1.8€

# Package Treatments

De Stress Treatment

This De stress treatment gives you a combination of Face and Body treatments. To relax and warm your muscles the treatment starts with a relaxing hot stone back massage. Followed by an Express facial and an Indian Head Massage.

90€

Mother-to-Be 98€

Comforting and cocooning, safe pre natal treatment for the expectant mum, releasing anxieties and leaving you with inner strength and peace. (Head, back, legs and Feet).

# Package Treatments

5 x Golfers Massage Package 265€

5 x Full Body Package 375€

Two Hour Massage combination 150€

## Quinta Verde

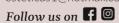
Almancil t: 912 560 153

## Four Seasons Country Club

Quinta do Lago t: 917 240 555

# www.esteticasalon.pt

esteticas1@hotmail.com



Chamada para a rede móvel nacional

## Cancellation Fee

A 6 hour cancellation notice is required for all bookings. Otherwise 100% of the total treatment will be charged.

### Late Arrivals

Your Treatment duration will be reduced accordingly and the full price charged.

## Children

Estetica will not do massage treatments on children under 12 years of age.



# ESTÉTICA

FACE & BODY

# Facial Treatments

PH Formula- Dr. Schrammek & Jane Scrivner

## **Facial Treatments**

A choice of facials ranging from a simple deep cleanse to more intense facial specifically for your skin type.

from 80€ to 125€

150€

95€

#### Hydra Facial 135€

The Hydra Facial is a multistep facial treatment system. In one session you can cleanse, exfoliate, extract and hydrate by delivering a variety of rejuvenating serums with visible results.

# Dr Schrammek. the Original Green Peel

A natural peel with results as good as a chemical peel. A new skin in 5 days. Treatment plus home care products.

# Vitamin C Facial

Perfect facial for sun damaged skin. lifeless and tired skin with uneven tone strong Anti-Ondant facial.

#### Jane Scrivner Facial 95€

A natural and organic plant-derived facial that restores surface Biome, recong uresfi the acid mantle and repairs barrier function to maintain a healthy skin.

# Micro-Needling (1 Treatment) 120€ (Course of 4) **400**€

Derma pen used in conjunction with pure cocktails of vitamins and minerals to restore skins collagen and elastin production. Improves overall texture and tone of the skin.

# **HIFU Facial Rejuvenation**

High Intensive Focused Ultrasound is a non invasive anti-age weapon without undergoing plastic surgery. This treatment stimulates the skin own fibroblasts and collagen.

from 80€/100€ per area

# **Body Treatments**

## **Back Massage** 45 min

A massage of the upper and lower back, to relieve tension, stress and muscular discomfort.

#### Deep Tissue Massage 95€

Focusing to relieve specific stress and muscle tension, this deep rhythmic pressure massage gives the whole body a vigorous workout.

# Relaxing Body Massage

85€

The perfect antidote to a stressful lifestyle, relaxes the mind and restores the body equilibrium, easing tension and improving circulation.

# **Indian Head Massage**

35€

Increases blood flow to the scalp. relieves tension and headaches. Excellent for dry scalp and migraine sufferers. It is an extremely relaxing treatment. Ideal treatment when you have a head cold or sinus problems as well.

#### Estetica Massage Treats 80€

Select one of these combinations to relieve your specific needs. Each combination is a 60 minute treatment

- Relax your extremities with an Indian Head Massage and Reflexology treatment.
- Back neck and shoulder massage. completed with a relaxing scalp massage. Ideal for upper neck and head tension.
- Back massage followed by a reflexology massage to leave you feeling as light as a feather.

#### Sports Massage 90/120€ 60/90 min

Our Therapists are trained to do a remedial massage to remove trapped nerves, muscle problems and alleviate any aches and pains from sports injuries.

# Specialised Body

## **Hot Stone Massage**

feeling energised.

Smooth warm volcanic stones are used to create a cleansing, harmonising and soothing effect on the body. Leaving you

# Lymphatic Massage

Ideal for sluggish and poor circulation of the entire body. This treatment will open lymph glands to increase drainage and the elimination of toxins from tissues.

# Aromatherapy

Essential oils from some of the world's most exotic flowers and plants that have been used for centuries for their powerful penetrating fragrances and healing properties. A brief consultation will take care of your senses and needs.

# Ear Candling

For the relief of sinusitis, headaches, Vertigo, ear pressure from wax build up. hay fever and allergies.

# Reflexology

80€

This Ancient Chinese treatment applies to certain known reflex points located in the feet. Disorders may be treated or prevented.

# Herbal Poultice Massage 105€

This relaxing Thai massage is done with herbs and spices, wrapped in a warm muslin cloth, extremely rich in nutrients. restores aching muscles.

# **Body Scrubs**

35€

Containing seaweed extract. Herb and aromatherapy oils will be used to remove the dead cells for the better penetration of oils. Leaving the skin well hydrated and smooth.

#### Body Wrap 85€

Body exfoliation followed by a Body wrap for your specific needs either Relaxation. Nourishing, Detoxing or Contouring. Finished with an application of final product.