
PENHA LONGA

SPA & WELLNESS

Indulge in our rituals.

The Penha Longa Spa & Wellness offers you the true escape - exclusive facilities, personalized signature treatments and experiences aimed at providing relaxation and well-being, guaranteed by the prestigious luxury brand Natura Bissé.

Surrounded by the beauty of the Natural Park of Sintra-Cascais and designed by the Zen philosophy teachings, Spa at Penha Longa Resort occupies an entire building for a true wellness experience where a contemplative garden features gazebos, heated jacuzzi and a contrast pool with cold water. It is an oasis of tranquility and well-being that is just a few kilometers away from the capital.

Let us stay with you.

RESERVE YOUR TREATMENT NOW!

spa.penhalonga@penhalonga.com or (+351) 219 239 650

Spa opening hours: from 10:00 AM to 07:00 PM

MASSAGES

PENHA LONGA SIGNATURE

80min | € 170

Let yourself be carried away by a unique experience, carefully designed to awaken a profound sense of lightness and serenity. Following the revitalizing scalp massage and feet exfoliation ritual, enjoy an exceptional full-body massage performed with the exclusive Penha Longa signature oil, infused with fresh and soothing citrus notes.

FEEL FREE

50min | € 125

Experience our Feel Free massage, created exclusively for you. Infused with the fresh citrus notes of our signature Penha Longa Oil, this treatment helps you deeply relax and reduce stress levels. By combining a variety of techniques, it delivers an all-encompassing sense of balance, renewal, and well-being.

AROMATIC

50min | € 125

An experience designed to attune with your state of mind. Let your essence choose the path: to purify, to balance, or to energize.

Delicate aromas will embrace you, awakening the senses and guiding you to a renewed harmony and wholeness.

THERAPEUTIC

30min | € 90 50min | € 140 80min | € 185

A massage designed to release neuromuscular tension and ease contractions, instantly providing a deep sense of well-being.

The application of a balm enriched with arnica, shea butter, and essential oils of macadamia, ginger, and camphor, combined with personalized techniques, creates a soothing hot-and-cold contrast that calms, reduces inflammation, and enhances tissue circulation.

DEEP TISSUE

50min | € 155

This massage promotes pain relief by releasing muscle tension and contractions, while reducing stiffness in the neck, shoulders, and lower back. Through slow, firm, and deep pressure movements, it provides a sense of well-being and recovery, making it ideal for those with an active lifestyle.

HOT STONES

80min | € 185

This holistic experience provides a deep sense of well-being, harmony, and balance. Heated volcanic basalt stones, carefully placed along the body and combined with long, gentle movements, create a uniquely relaxing and deeply restorative moment.

FACIALS

For the ultimate luxury there is nothing more exquisite than facial treatments by Natura Bissé, which combine the latest protocols and the use of latest technologies for skin rejuvenation. Let us help you decide on the most suitable facial treatment for you.

Immerse yourself in an absolute state of well-being.

DIAMOND LIFE INFUSION

RITUAL by Natura Bissé

90min | € 250

"Sensory Energy for an unprecedented rejuvenation"

Powerful rejuvenating ingredients combined with innovative massage techniques reaffirm

the skin, reduce its wrinkles and expression lines due to regenerative and energizing actives that provide an immediate lifting effect. This treatment enhances natural defenses of the skin, maintains long-lasting moisture and improves elasticity, tone and brightness.

3D COLAGEN by Natura Bissé

60min | € 160

"Triple firmness, triple elasticity"

A powerful regenerative and rejuvenating treatment based on a smart combination of three types of collagen with different molecular weights (high, medium and low) that exceptionally increases skin firmness. With an incredible lifting and redensifying effect, this innovative facial improves skin density and minimizes wrinkles and fine lines while preserving optimal moisture.

DIAMOND ENERGY by

Natura Bissé

60min | € 170

Energize · Define · Rejuvenate

This treatment energizes the skin to recover devitalized complexions due to environmental stress or premature aging. The Advanced Myofascial Massage combines a regenerating cream and an anti-aging mask with remodeling techniques, both manual and using an exclusive "Zamak gua sha". Visibly firmer, more supple and rejuvenated skin. Provides an incredible lifting effect and helps reveal rejuvenated skin.

CITRUS VITA ESSENCE by

Natura Bissé

60min | € 150

"Citrus aromatherapy - a ritual for radiant skin"

Recommended for those seeking to recover skin brightness and firmness through a relaxing citrus aromatherapy experience. This protocol awakens the senses, flooding your skin with all the energy of Vitamin C. The Citrus Vita Essence facial is an intensive therapy to revitalize and hydrate the most damaged skin.

CARBOXI by Natura Bissé

30min | € 105

“Instant Renewal for your skin”

Using Carboxytherapy, this treatment is an innovative solution against the early effects of aging that regenerates the skin surface intensively and securely. Producing a lively burst of energy, the result of Carboxi is visibly radiant skin.

THE CURE by Natura Bissé

80min | € 200

Based on traditional cleaning techniques, this treatment is an antidote to the negative effect of the urban lifestyle on the skin.

Really effective, this facial eliminates the pollution and dirt on your skin, purifies pores and restores hydration.

Extraordinarily soft, fresh and radiant.

BODY

Go beyond your expectations.

The combination of the most innovative technology with traditional therapies of different cultures provides a unique result. The exclusive touch of Natura Bissé transforms treatments, always approaching with a perspective of excellence, into perfect solutions for individual body needs.

C+C VITAMIN BODY

SCRUB by Natura Bissé

30min | € 105

“The rebirth of nourished skin”

Exfoliation is an essential step in any beauty treatment and with C+C Vitamin Scrub from Natura Bissé it becomes a ritual of

purity and rebirth. The micro-granular texture in combination with aromatic notes of orange renews the skin surface, gifting an instant brightness and revealing a velvety sensation without comparison.

C+C CITRIC WRAP by Natura Bissé

80min | € 180

"The perfect cocktail to revitalize "

Gentle exfoliation that gives you a boost of vitality is followed by a wrap with a creamy emulsion of citrus notes, that hydrates and firms your skin, protecting your skin from any external aggressions. It's a beauty step

that turns into an ultra-sensory ritual for fresh and luminous skin.

THERAPY MUD

80min | € 185

A therapeutic and restorative treatment combining a seaweed poultice applied to the back with a deep tissue therapeutic massage.

The remineralising power of seaweed helps to detoxify, relieve muscular tension, and stimulate circulation, while the deep massage promotes release of blockages and a profound sense of well-being.

Ideal for those seeking intense muscular relief and a feeling of lightness and balance throughout the body.

RITUALS

Bring out your natural glow.

RITUAL FOR TWO

80min | € 285 | 2 people

An experience for two, where you float in a world of tranquility. The treatment begins with a foot washing ritual with a scrub, followed by an exceptional full body massage, accompanied by the exclusive Penha Longa Signature Oil, with fresh and soothing citrus notes.

JUST FOR YOU

80min | € 175

Take a moment just for yourself. Come and enjoy a ritual with a 50-minute an Aromatic massage and a 30-minute express facial or a body exfoliation. A unique well-being experience of deep relaxation helps to release

tension and muscular stress, providing an immediate sense of harmony.

THE RESET NEURORELAX

80 min | €175

Restorative Face and Body Ritual

Calm – Hydration – Reconnection

Ideal for those seeking a complete pause, reducing stress and revitalising both body and mind.

A deep sensorial treatment that combines dermo-neurosedative techniques to soothe the nervous system, intensely hydrate, and reconnect body and mind.

It promotes deep relaxation, improves sleep quality, and restores the skin's natural balance.

ENHANCEMENTS

Enrich your experience. Upgrade your treatments by choosing one or more of our carefully created service enhancements. Enhancements are available as incorporated additions to facial, body and massage services without adding time to the treatment. All enhancements must be booked and added to a treatment.

HOT STONES

€ 16

Complete your massage with smooth basalt stones that radiate heat deep into the muscles to relieve tension and stress.

massage to reduce tension and conditioning the scalp. This enhancement will leave you with beautiful, healthy hair.

OIL SCALP TREATMENT

€ 16

Using the strengthening properties of Argan Oil with a deeply relaxing scalp

EYE ANTI-AGING

BOOSTER

€ 16

Boost any treatment by using technologically advanced serums and moisturizers to address the most visible signs of aging.

FINISHING TOUCHES

HAND EMBELLISHMENT

BY OPI

50min | € 60

Exfoliating, moisturizing, cutting and treating cuticles and applying the nail polish. Gel and Shellac services not available.

FEET EMBELLISHMENT

BY OPI

50min | 60€

Exfoliating, moisturizing, cutting and treating cuticles and applying the nail polish. Gel and Shellac services not available.

WAXING

On request: whole leg, partial bikini line, back, upper lip, chin, underarms, and eyebrows.

For guests requiring hair, nail, and make-up services, Penha Long Spa offers a full range of services on request. Have an experience with a professional approach for all occasions where makeup also plays a fundamental role.

HAIRDRESSER & MAKEUP

Consultation Required

MEMBERSHIPS

Consultation Required

Enjoy the exclusive conditions of membership and take advantage of the following options: fitness, spa premium, family or corporate. Discover all the unique benefits such as access to outdoor pools, sauna, turkish bath, indoor pool with water circuit; spa oriental garden with swimming pool, jacuzzi and meditation labyrinth; outdoor jogging trails; exclusive discounts at the spa, personal training, golf, restaurants, access to the Kids' Club and resort activities.

PERSONAL TRAINING

60 min | 88€ per session

Yoga, pilates, fitness, swimming. Select the activities you love to perform and get ready to experience a unique and memorable

context. The sessions are adaptable to any goal, with better results and extra motivation or the individual to be overcome.

HISTORICAL CIRCUIT

60 min | 88€ per session

The first chapter dates back to 1355 when the Order of Saint Jerome decided to construct a monastery at Penha Longa. Here, on thanks to the mild climate and

variety of game it remained as one of the favorite destinations of the Portuguese monarchy for five centuries. Be a part of history and get to know the most symbolic places. The experience of the visit may vary according to intensity levels: normal walk (low intensity), vigorous walk (medium intensity), or running (high intensity).

EXPERIENCES

ENERGIZE PROGRAM – A DAY FOR YOU

A unique and memorable personalized experience based on the balance of body, mind, and spirit. Set within the naturally unique ambience where monks once meditated to the sound of the Oriental Garden waterfalls, surrendering yourself to a state of deep relaxation marks the beginning of a journey focused on calming the mind to energize the body. This holistic approach is complemented by carefully selected food, exercise, and spa treatments by Natura Bissé—the perfect combination to awaken the senses and restore energy.

From €215 per person. To complete your experience, Penha Longa Resort offers unlimited access to the Meditation Labyrinth, Wellness Center, Oriental Garden, swimming pools, sauna, Jacuzzi, and relaxation areas.

KIDS

LITTLE PRINCESS FOR A DAY

Consultation Required

In the company of best friends, the princess's party will be at the spa. It's a unique and memorable experience that includes custom hairstyles, children's make-up, manicure, pedicure, and fun activities prepared by a professional team.

CITRIC MANICURE OR PEDICURE

25m | € 35

A citrus scrub that will leave their little hands and feet pampered and happy. Finally, the application of nail polish of their choice.

GLITTER MAKE-UP

25m | € 35

Small touches of glitter will be applied around the eyes and cheeks for a subtle glow. A soft, natural-looking lip colour completes a consistently natural and childlike makeover.

KIDS' HAIRCUT

Consultation Required

Kids' haircut or hairstyling appropriate for their age group and personal taste.

NATURA BISSÉ BARCELONA

My skin. My secret.

The luxury brand Natura Bissé was founded in 1979 by Ricardo Fisas Mulleras in Barcelona. Product quality has always been a major priority, leading to numerous recognitions and awards in the beauty industry that endorse its excellence in both quality and service.

The brand is present worldwide, with its core and most successful markets in the US, Spain, Mexico, and the Middle East. Natura Bissé products are available in more than 35 countries, and Penha Longa Spa is the first spa in Portugal to offer the brand's widest selection.

For more information about the retail line available at Penha Longa Spa, please contact:

(+351) 21 923 9650 or spa.penhalonga@penhalonga.com.

LUXURY PURITY AND COMMITMENT TO YOUR SKIN

HOW TO SPA – GUEST INFORMATION

HOW DO I CHOOSE MY TREATMENTS

We offer a menu designed to pamper, relax, and revive both body and mind. Our therapists can help you select the treatments that are most appealing and beneficial for you.

TREATMENT CONSULTATIONS

All consultations are confidential and conducted before every treatment. Please inform us when booking if you have any allergies. If you have any health or body concerns, kindly let us know.

ARRIVAL

New clients should arrive 30 minutes before their appointment to register at reception and complete a consultation questionnaire. Late arrivals may result in reduced treatment time.

WHAT SHALL I WEAR

Wear whatever is comfortable. At the spa, we provide robes, disposable underwear, and slippers.

Upon arrival, your therapist will explain your treatment and advise on appropriate clothing.

Therapists are trained to drape you properly for privacy during treatments. When using the spa or holistic experiences, suitable clothing should be worn.

YOUNG ADULTS' SPA

Guests must be 18 years or older to access facilities and receive body treatments or massages.

Minors may receive selected treatments only with parental approval and accompaniment. Please check specific conditions.

DURING PREGNANCY

Please inform us if you are pregnant when booking. From 13 weeks gestation, treatments are designed using safe products and techniques suitable for pregnancy.

WHAT IF I HAVE A SPECIFIC HEALTH PROBLEM

Please notify us of any allergies or health concerns when booking your treatment.

RESERVATIONS AND CANCELLATIONS

Please book spa appointments in advance. Changes or cancellations require 24 hours' notice; otherwise, 50% of the treatment cost will be charged. No notice will incur a 100% charge. Walk-ins are welcome if space allows.

CONTINUE YOUR EXPERIENCE AT HOME

To enhance your experience, our therapists will provide a skincare recommendation card to help you maintain the benefits at home. Products are available for purchase at the spa reception.

GIFT VOUCHERS

Beautifully presented gift vouchers are available in various values for any treatment or package and can be purchased at reception. They are perfect for special occasions, anniversaries, birthdays, or simply because you care.

PEACE OF MIND

We strive to provide a tranquil, relaxing environment. Please respect other clients by keeping mobile phones and electronic devices in lockers or on silent mode. Smoking is not permitted.

AND FINALLY, A FEW SPA TIPS

To ensure a wonderful spa experience, please share any preferences with your therapist so they can customize your treatment. Staying hydrated is important; we recommend drinking plenty of water or infusions. Men are advised to shave a few hours before a facial.

PENHA LONGA

SPA & WELLNESS

Indulge in our rituals.

For reservations and further information, please contact us at:

(+ 351) 219 239 650 or **spa.penhalonga@penhalonga.com**.

*Prices include VAT at the current legal rate and may be changed at any time without prior notice.

PENHA LONGA RESORT
ESTRADA DA LAGOA AZUL, LINHÓ, QUINTA DA PENHA LONGA,
SINTRA, PORTUGAL, 2714-511
(+351) 21 924 9011