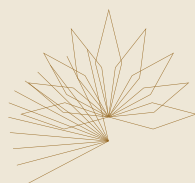


VERDELAGO

SPA





THERE IS A WIND ON THIS COAST THAT SAILORS CALL THE SOUTH-WEST WIND AND THE PEOPLE OF THE LEVANTE

It comes from the east, sometimes laden with dry heat from the mainland, sometimes carrying the memory of Africa in the particles it brings. It announces itself before it arrives: the temperature rises, the horizon closes in slightly, and those who know the place sense a certain density in the air that is unmistakable. The local fishermen learnt to recognise it early on. When the Levante blew in strongly, the churning sea would become impassable. The boats would be left on shore. Work would come to a standstill. And they would stay there, mending nets, chatting on their doorsteps, 'waiting'...

What is curious is what this waiting brought about. A particular way of inhabiting time that serves no immediate purpose and which, for that very reason, serves every purpose. The body that stopped rowing discovered its own rhythm. The community that stayed together learnt to be together in a way that the days of hard labour rarely allowed. And when the wind passed – for it always did – what remained was something different. The sea warmed. The light took on a new hue. There was a calm that those who always live in the city rarely experience: the silence that only exists after the commotion.

Those who arrive at Verdelago Spa almost always arrive 'in a state of Levante'. The pace of the modern world produces exactly the same effect: excessive inner heat, an inability to access what really matters, the feeling that stopping is a form of loss.



THIS SPA EXISTS TO LET THE WIND BLOW THROUGH

It exists so that what remains afterwards may be the silent beginning of a different way of living.

This region has millennia of accumulated wisdom on the art of living well. The salt from the Castro Marim salt pans, which regulates and preserves. The resin of the stone pine, which flows and heals. The clay of the Algarve's Barrocal, amongst the fragrant orange groves and carob trees, which retains the day's heat and releases it slowly. The plants of the coastal scrub that generations along this coast have always known how to use. The Verdelago Spa distils what this place has always known.



RELEASE

The Levante arrives without asking permission. And there is an ancient wisdom on this coast about how to welcome it: with patience, with space, with the confidence that it will pass. Letting go is that confidence applied to the body and what it carries.

Toque de Chegada

25' €80

The Levante is still in your body as you enter. This session knows this.

Neck, shoulders, scalp and hands. A focused and precise treatment that releases built-up tension where it tends to accumulate most. To start with — or for those who need to feel the difference before deciding what to do next.

Ritual Levante

80' €160

The wind that sets the scene for this spa and the transformations it heralds.

Deep therapeutic work on the nervous system using heat from locally sourced warm sand and oils inspired by the region. For the body that arrived before the mind did, or for the mind that is still on the road when the body has already come to a halt. Levante creates the exact temperature for the process to unfold naturally.

Ritual Atlântico

50' €115

The tides along this coast do not compromise on their rhythm. They have ebbed and flowed since time immemorial, slow and inevitable, without haste and without delay.

A very slow-paced massage with long sequences and deliberate pauses. For those who arrive with their minds racing faster than anything else, this ritual offers a rhythm that the body recognises and the mind eventually follows.

Ao Sabor do Vento

50' €115 80' €160

There are winds that cannot be explained on a map. You feel them on your skin; they change direction and reveal paths that only appear when you're paying attention.

A personalised massage, with no pre-defined sequence. In the first few minutes, the therapist listens to the client, reads their body and decides, in real time, where to focus, with what intensity and for how long. Without dividing the session into equal parts, and without rushing. Going with the flow, but never at random.



MOVE

In the Algarve's Barrocal, amongst the fragrant orange groves and the carob trees that spring from the limestone soil, the roots work their way through the stone without haste. Year after year, they find the cracks, demand space, and the rock yields without realising it is yielding. The body frees itself in the same way: with sustained presence, with just the right warmth, and with the time the tissue needs.

Barrocal

50' €115

The memory of the limestone and the roots that work their way through it slowly, millimetre by millimetre, over the years.

Deep technical myofascial work with slow, sustained pressure. For fascial restrictions that have built up over time, for the sensation of a body closed in on itself, for those who wish to regain the range of motion that has gradually diminished without anyone realising when it happened.

Resina

80' €160

When the stone pine is shaped by the wind, the heat and pruning, it releases resin. The substance that flows, that warms, that circulates where there was resistance.

Deep muscle work, using firm pressure with the option of assisted stretches and pine elements, to release tension and help restore mobility.



REGULAR

The Castro Marim marsh lies on a boundary where most plants would simply die. Between fresh and salt water, between dry land and mud, between the rhythm of the river and the rhythm of the tide. The species that grow there are what they are because of this boundary. Balance emerges from the tension between opposing forces that have learnt to coexist.

Maré Branca

50' €115

The salt pans of Castro Marim have been regulating what comes in and what goes out for centuries. The salt from this coast has supplied the whole of Europe and has always known the difference between what is kept and what is let go.

Bokbu abdominal massage, deep work on the body's visceral centre. For gastrointestinal discomfort, chronic bloating, and that feeling of heaviness in the centre of the body that digestion alone can no longer resolve.

Sapal

50' €115

The vegetation of the marsh is so dense precisely because the surface offers so little. A stability achieved, root by root, in soil that seems impossible.

Foot massage using quartz crystal tips on the reflex zones of the feet. For heavy legs, for ankles that swell as the day goes on, for a scattered mind searching for a place to settle.



RENEW

The skin bears the marks of time: the sun that gives life and draws out moisture, the wind that tones and dries, the salt that purifies and demands. To renew is to restore, layer by layer, that which needs to return.

Entre o Sal e a Vinha

140' €240

Between the purifying salt and the nourishing vineyard, the skin rediscovers its balance. A ritual inspired by the Algarve landscape, where the body is renewed by ingredients from the land and the sea.

It begins with an exfoliation treatment created by Verdelago Spa, based on Castro Marim sea salt and grapes, which frees the skin from accumulated impurities and prepares it to receive the treatment. This is followed by a deep and enveloping body massage, concluding with a facial that restores comfort, nourishment and radiance.

Sal de Castro Marim

25' €80

The salt from this coast has preserved what time sought to take away. It does the same for the skin.

Body exfoliation with Castro Marim sea salt. It removes what has built up on the skin's surface and prepares the skin for what follows.

Equilíbrio Facial

50' €115

The starting point for skin that has been shaped by the sea, the sun and the wind of this coast.

Individual diagnosis and a personalised treatment plan using Anne Semonin active ingredients. Comfort, freshness and a precisely restored hydrolipid balance.

Precious Pearl

80' €185

A pearl forms layer by layer, over many years, in response to irritation. It transforms what could be damage into something of rare precision.

Lifting facial treatment with Anne Semonin Cryo Pearls and a firm muscle massage. For sagging skin, for contours that have lost their definition, for the density that time has patiently eroded.

Gold Face & Body

80' €185

The light that Mediterranean painters have sought to capture for centuries. The people of this coastline live in harmony with it as a natural part of their lives.

An ultra-nourishing body and facial massage with Anne Semonin gold. For undernourished skin, for the whole body that needs to be nourished with the care it deserves.



RECONNECT

When the Levante wind blew in and the sea closed in, the fishermen of this coast would gather together on land. It was on those days, rather than on working days, that a bond was forged. Two bodies in the same moment. The shared silence that achieves what conversation often fails to do.

Dois Ventos • Couple

80' €260

Two winds over the same territory: when they blow together in the same direction, the landscape changes in a way that neither could achieve alone.

Massage with heated volcanic basalt stones. Two therapists, the same rhythm, the same intention. For the couple who need to reconnect before anything else.

Ao Sabor do Vento • Couples

50' €215 80' €260

Each body moves at a different pace. Reconnecting isn't about making the two of you the same, but about creating space so that both of you can slow down, listen and be fully present in the same moment.

A personalised massage for two, tailored to the needs of each individual. Two therapists, two distinct treatments, enjoyed side by side. For couples looking to look after themselves whilst still sharing their time, the silence and the experience.



TIDE CIRCUIT

The temperature of the sea on the leeward side changes with the Levante wind, sometimes reaching twenty-eight degrees between Cacela and the mouth of the Guadiana. The alternation between heat and coolness has always been the natural cycle for those who live by the water on this coast. The circuit draws on this principle: each change in temperature is a signal to the body.

Sauna

The dry heat that the Barrocal region knows so well. Deep, persistent, yet not scorching.

Opens the pores and relaxes the deep muscles. Ideally taken before any treatment, to prepare the body for it.

Turkish Bath

The humid steam of the Mediterranean: the same warmth as a sauna, with the texture of the sea.

It decongests, deeply moisturises the skin and eases the transition between states. When you emerge from the Turkish bath, you feel as though you're in another world.

Indoor Pool, Jacuzzi and Water Bucket

The experience is completed in the water. The body, having alternated between dry heat and steam, finds its balance here.

The circuit is experienced at your own pace: there is the order your body craves on that particular day, and that is the right one.



GYM

For those who want to keep up their routine during their stay, or for those who have discovered a routine here that they want to take home with them. High-performance equipment to help you continue your training.



THE LEVANTE GOES ON FOREVER

Before you leave, the Wellness Advisor at Verdelago Spa identifies three practical exercises to take with you: a breathing exercise for those moments when the inner Levante begins to blow, a herbal infusion made from plants found along this coast to enjoy at the end of the day, and a moment of mindfulness that fits into any routine and in any city.

The spa experience ends when you leave. The calm that the Levante leaves behind stays with those who depart.



Cancellation and No-Show Policy

To ensure effective management of our booking schedule and respect for our therapists' and other clients' time, we apply the following cancellation policy:

Cancellations made less than 24 hours in advance

Cancellations made less than 24 hours before the booked appointment will be subject to a charge of 50% of the treatment fee.

No-show

In the event of a no-show without prior notice, 100% of the cost of the booked treatment will be charged.

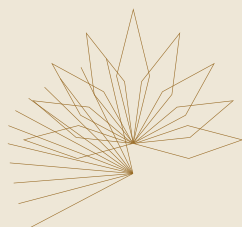
Late Arrivals

Please arrive a few minutes before your appointment. If you are late, we will do our best to carry out the treatment, but the duration may be reduced so as not to disrupt subsequent appointments. The cost of the treatment remains unchanged.

Appointment changes

Requests to change the date or time must be made at least 24 hours in advance and are subject to availability.

Thank you for your understanding.



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