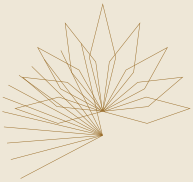

VERDELAGO
SPA
DIAS DE
Levante
Wellness Experiences Inspired by the
Natural Rhythm of the Algarve
9 - 15 NOVEMBER



DIAS DE LEVANTE

9 - 15 NOVEMBER

At Verdelago's Wellness Center, we believe that slowing down is also a way of moving forward. Throughout one week, we invite you to unwind, take care of yourself and discover your own rhythm through experiences focused on movement, relaxation, aromas and self-care.

DAY	ACTIVITIES
9	Welcome & Discovering Aromas
10	GAP Stretching
11	Strength & Mobility Self-Massage
12	Room Spray Workshop Hand Care Ritual
13	Aromatic Roll-On Workshop Body Scrub Workshop
14	Meditation & Relaxation
15	Day Dedicated to Massages & Treatments Individual closing after each treatment.

Bookings are required for all activities: (+351) 938 730 255 | spa@verdelago.com



Discover

Monday, 9 November

Welcome Moment
11:30 am | Spa Reception | Up to 1 hour

A welcoming moment to begin the Dias de Levante week. With tea, dried fruits and light refreshments, participants are invited to discover the week's programme and immerse themselves in the wellness universe of Verdelago Spa.

Discovering Aromas
2:30 pm | Pine Grove Decks | 30 min | 10 participants

A sensory experience inspired by the essence of Levante. Through different aromas used at the Spa, participants explore memories and sensations, discovering how fragrance can influence the balance between energy, comfort and relaxation.

Move

Tuesday, 10 November

GAP
11:30 am | Secret Spot | 30 min | 10 participants

A dynamic session dedicated to strengthening the body, promoting energy, vitality and body awareness. An invitation to find balance through movement.

Stretching
4:30 pm | Secret Spot | 30 min | 10 participants

A pause to stretch, release tension and restore physical balance. The ideal moment to slow down and finish the day with a renewed sense of lightness and well-being.

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Balance

Wednesday, 11 November

Strength & Mobility
11:30 am | Wellness Center Gym | 30 min | 10 participants

A class focused on stability, mobility and muscle strengthening, designed to promote a more prepared, functional body in harmony with everyday movements.

Self-Massage
3:00 pm | Secret Spot | 30 min | 10 participants

Learn simple self-massage techniques to relieve accumulated tension and create small self-care rituals that can be incorporated into your daily routine.

Create

Thursday, 12 November

Room Spray Workshop
11:30 am | Pine Grove Decks | 45 min | 10 participants

A creative workshop where each participant develops a personalised fragrance inspired by Verdelago's surrounding nature and the feelings of calm and comfort associated with the Spa.

Hand Care Ritual
3:00 pm | Pine Grove Square | 30 min | 10 participants

A moment dedicated to personal care through simple gestures of hydration, massage and comfort. An invitation to pause and focus on yourself.

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Inspire

Friday, 13 November

Aromatic Roll-On Workshop

11:30 am | Pine Grove Decks | 45 min | 10 participants

Create your own aromatic roll-on and discover how fragrances can transform small moments of pause into genuine wellness rituals.

Body Scrub Workshop

3:00 pm | Pine Grove Square | 45 min | 10 participants

A sensory workshop dedicated to aromas, textures and the benefits of self-care, culminating in the creation of a personalised body scrub.

Breathe

Saturday, 14 November

Indoor Pool Relaxation

6:30 pm | Spa Indoor Pool | 30–40 min | 10 participants

A moment of deep guided relaxation, focused on conscious breathing and mindfulness. An experience designed to reconnect with calm, inspired by the serenity of Dias de Levante.

Slow Down

Sunday, 15 November

Day Dedicated to Massages

By appointment | Spa Treatment Rooms

The perfect closing experience for the week. An invitation to extend the journey through Verdelago Spa treatments and massages, benefiting from exclusive special conditions available during Dias de Levante.

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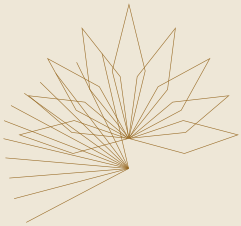


CONDITIONS

- Participation in activities is subject to prior registration and availability.
- Activities are complimentary for hotel guests.
- External guests may participate when booking a treatment during the event week.
- Activities take place in the indicated locations except in the case of adverse weather conditions. Should this occur, activities will be moved to the Wellness Center.

25% OFF ALL SPA TREATMENTS

Levante



Contacts

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