

# Monte do Casal



## The Sanctuary Spa at Monte do Casal

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The Sanctuary Spa is located over the Spa Lake offering a haven of tranquillity and inner peace.

Within a short walk from the hotel, the Sanctuary Spa presents a wide range of sophisticated therapies and treatments with a holistic approach for well-being.

The Spa features one Relaxation room, three Treatment rooms over the spa lake including one couple Suite. There is also the Sanctuary Gazebo for treatments over the Pine Lake. The facilities include a private Hammam and a private Sauna, a Jacuzzi and a heated swimming pool.

In our holistic approach for well-being, the Sanctuary Spa has been designed to create a meditative and contemplative environment, using water as the inspirational source.

The Sanctuary Spa incorporates a number of water features such as:

- 3 m waterfall with an additional water cascade feature.
- 4 m waterfall with plunge pool area and additional water cascade feature.
- Spa water steps cascade feature
- A gentle stream with small water cascade features.
- Two wood Treatment rooms and wood decking on the Spa Lake can be used for meditation, Tai Chi or Yoga.
- Wood deck at the Sanctuary on the Pine Lake can be used for Tai Chi and Yoga.
- The Sanctuary gazebo on the Pine Lake can be used for meditation.
- Two lakes. The Spa Lake stocked with a variety of Koi. The Pine Lake for swimming in a natural setting.
- Walking in the gardens with a number of benches placed for relaxation or meditation overlooking the lakes and waterfalls.

Delight in the fresh breeze of the countryside, bask under the radiant sun and revel at the truly spectacular scenery. Experience the ideal combination of recovering your life forces while enjoying a memorable stay.

The Sanctuary Spa presents a wide range of sophisticated therapies and treatments with a holistic approach for well-being.

Our professional beauty therapists and masseurs provide a holistic experience in this Sanctuary set over the Spa Lake and Pine Lake. Your therapist will tailor your treatment to your preference, checking the pressure you prefer and enquiring about any specific concerns.

Using centuries old Eastern techniques, each treatment will leave you feeling rejuvenated, relaxed and totally pampered.

Our Signature massage and beauty treatments have been designed with your specific needs in mind. Whether you need a calming or energizing experience, we have the remedy.

We have researched for the finest treatments, techniques and products to use for our beauty treatments. The Elemis and Sundāri range of products reflects the need for serious skincare and offers therapists the ability to treat each client with a more holistic approach that is in tune with the current focus on health and well-being. The Sanctuary's massage oils from the Algarve are purely organic and are produced from the finest ingredients.

Treatments are available at the Sanctuary, the Gazebo on the Pine Lake or in your bedroom.

The Spa is open from 10.00 to 19.00.