



Juicy Oasis
Boutique Health Retreat & Spa
PORTUGAL



Eden
Spa
TIME TO INDULGE...

Full Body Massage

At Juicy Oasis we are into simplifying everything, including our massage menu. Unlike many spas, you won't see a list of a thousand different massages, which we feel do no more than create confusion. Instead we have just a handful that cover what 99 per cent of people really want. It is safe to say, you either want to be stroked and have oil slowly rubbed into your body and taken to a blissful place, or you want your muscles worked on and your pain relieving.

Most people either go for our signature 'Pure Bliss' Full Body Massage or our signature 'Deep Tissue' Full Body Massage. If you have a serious issue that needs attention, then we have a Clinical Massage with our highly qualified therapists who offer Myofascial and Osteopathy treatments. If you want to experience something out of the ordinary, then indulge in our 'Tantric Bliss' Massage. If you are in the mood for something truly special, then try our unique 'Rainforest Experience', which combines exfoliation, cascades of warm water over your body and a beautiful warm oil massage.

Signature 'Pure Bliss' Full Body Massage

50 minutes €79 / 80 minutes €120

Our Pure Bliss Full Body Massage is 50 minutes of pure heaven and is our most popular massage. It's beautifully relaxing and is designed to transport you into a world of pure bliss.

Signature 'Deep Tissue' Full Body Massage

50 minutes €79 / 80 minutes €120

Our Deep Tissue Massage will focus on your aching muscles. If any specific areas need particular attention, please let our experienced therapists know. This massage is designed to get you ready for your next Juicy Oasis fitness blast!



Clinical Massage

Clinical Massage – Myofascial Therapy*

50 minutes €89 / 80 minutes €140

This therapy is an eclectic mix of the most up-to-date and effective clinical soft tissue techniques, including Myofascial Release; Trigger Point Therapy; Acupressure; Soft Tissue Release, Sports Stretching and even Osteopathy. The aim is to increase the body's range of motion and decrease pain by realigning and balancing the body by working on the myofascial three-dimensional web that wraps around the muscular system.

Clinical Massage – Osteopathy*

50 minutes €89 / 80 minutes €140

This treatment focuses on the musculoskeletal framework, including the joints, muscles, ligaments and spine, using Neuromuscular Techniques; Skeletal Manipulation; Sports Stretching; Cranial, Spinal and Sacrum Bodywork. This therapy aims to release compression, treat injuries and alleviate pain by positively effecting the body's nervous, circulatory, lymphatic and skeletal systems.

Clinical à la Carte Massage*

50 minutes €89 / 80 minutes €140

If you have a specific injury, condition or area of pain, then our à la carte massage gives you the opportunity to discuss your individual needs with our Clinical therapist, who will decide which combination of Osteopathy, Myofascial and other Clinical techniques to use.

* Please note, each Clinical massage therapist uses their own individual techniques, so treatments may vary between therapists.



Tantric massage

Juicy Oasis is a world away from the many pressures and restraints of everyday life. It is a place to totally unwind, be yourself, remove your inhibitions, be free-spirited, and perhaps experience something a little different from your normal life.

Eden Spa offers an exclusive 'Tantric Bliss' Massage Experience, specifically designed to take you on an extraordinary sensual journey, taking your mind and your body to another, blissful place. This massage is full body and clothing-free (that's you not the masseuse!). A full body massage is usually anything but, as it misses certain key areas such as the glutes and chest area. Our Eden Spa 'Tantric Bliss' Massage is a beautiful and extremely sensual experience that will take you to places you may never have been before.

Just because you are on a detox, doesn't mean you shouldn't experience something quite intimate but beautiful.

The tantric massages are strictly **WOMAN ONLY** and are performed by a female masseuse.

Eden 'Tantric Bliss' Massage

50 minutes €89

This amazing, sensual experience will gently stimulate almost :) every part of your body. It requires a very open mind and is designed for the more adventurous and free-spirited amongst us. This is a full body, clothing-free massage where almost every part of your body will experience a gentle and sensual touch. This is a completely safe experience that will take your mind to a heavenly place and leave you in a totally blissful state.

Ultimate Indulgence

The Juicy Oasis 'Rainforest Experience'

50 minutes €89

Overload your senses with this extremely unique massage experience (otherwise known as a 'Vichy Shower'). The treatment consists of a salt exfoliation to the entire body to remove dead skin cells. Next, the warm and gentle waters of the Rainforest Shower are activated and begin to cascade down all over your body. Experience the simultaneous luxury of a beautiful oil massage whilst being showered in warm flowing water.

The Juicy Oasis 'Rainforest Experience & Bliss Massage'

100 minutes €165

This is a wonderful combination of our 50 minute 'Rainforest Experience' (see above) immediately followed by a 50 minute 'Pure Bliss Full Body' massage. There are massages and then there's the Juicy Oasis 'Rainforest Massage Experience'...





Fingers and Feet

Reflexology

50 minutes €70

Focused attention on the feet and their meridian points to gently stimulate the circulation and work on the body's natural energy pathways.

Luxury Pedicure – O.P.I Polish

50 minutes €55

Lie back, close your eyes and have your feet soaked, exfoliated, filed, moisturised and massaged before the cuticles are treated and the nails are shaped and polished using O.P.I. Accompanied by soft music and an eye mask, this is a delicious pampering experience.

Luxury Manicure – O.P.I Polish

45 minutes €47

The hands are soaked and dry skin is removed from the cuticles before the nails are filed, shaped and polished using O.P.I products.

Pedicure – Gel Polish

50 minutes €55

Manicure – Gel Polish

45 minutes €47

Your fingers will be filled and prepared before the Gel Polish is applied and cured with UV light. There is zero dry time and you will have instant, glossy, chip-proof nails.

Gel Polish Removal

15-20 minutes (fingers or toes) €15

Due to the extra time it takes to remove gel polish, you will need to book this appointment in addition to your manicure/pedicure if you already have gel polish on your nails.

Removal of gel polish on either the toe or finger nails using 100% acetone and a removal file.

Head and Face

Indian Head Massage

25 minutes €40

Indian head massage works on the upper three chakras paying glorious attention to the head, neck, shoulders and face and relaxing the entire body.

Luxury Facial

80 minutes €90

This luxury facial includes cleansing, exfoliating, toning and moisturising as well as a wonderful facial steam and the application of a face mask designed to peel dead skin and extract impurities from within the skin. Your therapist will also massage your face, neck and scalp - this treatment is so much more than just a facial!

Facial

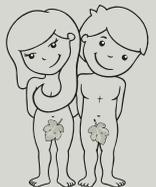
50 minutes €60

Enjoy a blissful 50 minutes whilst our therapist gently cleanses, exfoliates, tones, moisturises and applies a face mask designed to peel dead skin and extract impurities from within the skin. Your therapist will also massage your face, feet and head, leaving you wonderfully relaxed.

Express Facial

25 minutes €40

Enjoy a relaxing 25 minutes whilst our therapist gently cleanses, exfoliates, tones, moisturises and massages the face.



Deep Relaxation Pamper Packages

For the ultimate experience why not choose one of our 'Deep Relaxation Pamper Packages' designed to transport you to a place of sheer bliss and deep relaxation. Whoever said detox was about deprivation?

Head to Toe

2.25 hours €175

INDIAN HEAD MASSAGE

25 minutes of glorious attention to the head, neck, shoulders and face, stimulating the upper three chakras and relaxing the entire body.

followed by...

REFLEXOLOGY

50 minutes of focused attention on the feet and their meridian points will gently stimulate the circulation and work on the body's natural energy pathways.

followed by...

MINDFULNESS MEDITATION

20 minutes of sheer relaxation as you lie back and listen to a beautiful guided relaxation designed to totally relax your mind and body.

followed by...

PURE BLISS FULL BODY MASSAGE

50 minutes of beautifully relaxing massage designed to transport you into a world of pure bliss and relaxation.

Polish & Pamper

2.5 hours €180

PURE BLISS FULL BODY MASSAGE

50 minutes of beautifully relaxing massage designed to transport you into a world of pure bliss and relaxation.

followed by...

FACIAL

50 minutes of blissful cleansing, exfoliation, toning and massaging for the face, neck and scalp.

followed by...

MINDFULNESS MEDITATION

20 minutes of sheer relaxation as you lie back and listen to a beautiful guided relaxation designed to totally relax your mind and body.

followed by...

LUXURY PEDICURE OR GEL PEDICURE

50 minutes of foot pampering and polishing with either O.P.I traditional polish or gel polish. Enjoy your foot pampering accompanied by soft music and an eye mask.

Colonic

At Juicy Oasis we fully understand that colonic hydrotherapy may not be everyone's cup of tea! However, as with many things in life, you shouldn't knock it until you've tried it. Around 6,000 people in the UK undergo a colonic irrigation every month and celebrities such as Jennifer Aniston, Madonna and Courtney Love are said to be fans of the treatment. Princess Diana was even reported to be a huge advocate of colonics, having weekly treatments which she claimed took 'all the aggro out of me'. This is perhaps the best way to describe the feeling most experience after a treatment, one of a huge weight being lifted from both mind and body.

A colonic is like having an internal bath designed to clean the whole colon. This involves the gentle infusion of warm, filtered water into the rectum. The water stimulates the colon muscle to help stimulate the peristaltic action. Colonics cleanse the colon of mucus, accumulated fecal matter, gas and toxins that are transported there during the detox process.

During your time at Juicy Oasis, you will be living on nothing but pure juices and fresh 'green blends'. These provide the body with vital nutrition needed to assist the body with releasing toxicity from the cells and tissues. Many of these toxins are transported in the form of fat-soluble toxins and these can only be released through the colon via bile released from the liver. It is very important to release these toxins at this stage to avoid reabsorbing them back into the system. Therefore the perfect time to have a colonic is during a detox plan.

The Eden Spa colonic

50 minutes €85

Our colonic hydrotherapist will explain the procedure and make you feel extremely relaxed before, during and after the process. Some people only require one treatment during the week. However, depending on your diet and for optimum results, we recommend a minimum of two (one at the beginning and one towards the end of a detox). Those looking for optimum results choose to have a course of treatments.

ORGANIC COFFEE INFUSION €10

While at Juicy Oasis, this is the only place you'll find a coffee bean! Coffee infusions are powerful detoxifiers, stimulating bile release to move toxins through the bowel for elimination. These compounds also stimulate the liver to produce powerful enzymes which bind toxins and flush them through the system during the treatment. We recommend coffee infusions at the beginning and mid-week.

WHEATGRASS INFUSION €10

'Raise the game' of your colonic treatment with a wheatgrass juice infusion. When you infuse wheatgrass juice via the colon, its high nutritional load is quickly transported to the bloodstream, helping to cleanse and heal. We recommend a wheatgrass infusion towards the end of the week to provide your system with additional nutrition after the majority of the toxicity has been processed.



Cryotherapy

Athletes have long extolled the virtues of applying cold to muscle strains and sitting in ice baths to reduce inflammation. Andy Murray was famously photographed waist deep in ice, proudly clutching his Wimbledon trophy. The Welsh Rugby Union team went to the Olympic Sports Centre in Poland for daily treatments before the World Cup and Cristiano Ronaldo reportedly has a cryo-chamber installed in his home.

Cryotherapy has a growing reputation among A-listers for its beauty benefits, from reducing wrinkles and skin-firming, to boosting energy levels, treating cellulite, acne and its much talked about association for weight loss. High-profile supporters include Mark Wahlberg, Demi Moore, Daniel Craig, Tony Robbins (reported to have a chamber in each of his homes), Alicia Keys and Hugh Jackman, who claim benefits from managing pain, treating injuries, helping to keep in shape, to fighting the signs of ageing.

What does it help with?

Cryotherapy has been used for over 30 years for a wide variety of inflammatory conditions. It originated in Japan in the 1970s for the treatment of rheumatoid arthritis and several studies have found it can significantly reduce pain in people with

inflammatory diseases as well as arthritis. It is widely used to increase recovery times from injuries, boost immunity, improve circulation and for general wellbeing.

How does it work?

Dr Colin Crosby, a consultant at the BMI Garden Hospital, North London explains: "When you go outdoors on a snowy day, your hands and feet and other extremities go numb. This is because the blood is being pumped to your main organs and brain to protect them. Then when you go back inside, the blood is flushed back into the system. That's why your hands tingle. If you have, say, a five-fold increase in that cold and you stay in the chamber, the blood will do the same and flow to your brain and main organs. When you come out, the reaction means a huge blood flow to other areas including those which are damaged. The endocrine system is stimulated by the intense cold and releases a host of chemicals including anti-inflammatory markers and pain-relieving hormones. The body also releases feel-good endorphins and adrenaline to help the body in repairing injury"

Cryotherapy & fat burning

Cryotherapy rapidly increases the body's metabolic rate. Directly after a treatment, the blood floods back throughout your

body, boosting immunity, generating cell renewal, providing natural pain relief and a general feel good factor as endorphins rush through your system. Your body uses energy to heat back up to temperature and it is said that for up to 6-8 hours afterwards, you'll burn 400-700 calories.

Cryotherapy to aid weight loss has long-standing scientific research. One of the most famous the 'Antarctic study' looked at the calorific requirements of those who worked in the South Pole. It found they needed an average of 1,500 additional calories a day to maintain body weight. Experts believe that sessions offer people a way to use cold temperatures to lose weight, as the body must burn stored energy, to restore its normal temperature.

What happens during a cryotherapy session?

Cryotherapy exposes the body to temperatures of around minus 120-160°C for three minutes. During this time, the average skin temperature drops to about 10°C, however the core temperature remains unchanged. Before you enter the chamber, you will be given boots and gloves to wear. You need to expose as much skin as possible, so you should wear underwear/swimwear. The chamber is pre-cooled and your head and neck remain above the chamber. A mist of nitrogen is then sprayed into the chamber in order to lower the temperature. Our trained



therapist will never leave the room and you can request to leave the chamber at any time during the treatment. **Please note:** It is incredibly important you do not enter the chamber with any moisture on the body i.e. sweaty socks or damp swimwear.

Prices

1-2 treatments	€75 each
3 treatments	€195 (€65 each, save €30)
4 treatments	€240 (€60 each, save €60)
5 treatments	€275 (€55 each, save €100)

For most people dealing with inflammation, a course of at least three treatments is recommended. Please note, you can always add further treatments and pay the overall above package prices.



Eden
Spa
IT'S TIME TO INDULGE..

Spa Package

Why not indulge in our bespoke 'Spa Package' during your stay at Juicy Oasis and experience tailored treatments designed to support your detox journey.

'Spa Package' includes:

- 2 x colonic hydrotherapy sessions
- 2 x colonic infusions (either wheatgrass or coffee)
- 1 x 50 minute 'Rainforest Experience'
- 2 x 'Deep Tissue' or 'Bliss' 50 minute massages
- 1 x 'Indian Head' or 'Express Facial' 25 minute session

Package price:

€440 instead of €477
(saving €37)

**Indulge in 4 or
more treatments
per person and
receive €20 off
your bill***

The Info Bit...

- Please arrive a few minutes before your treatment is due as time lost through late arrival may result in the shortening of your session.
- Please remove all jewellery before your treatment.
- During your treatment please let your therapist know immediately if you are not comfortable in any way.
- Please make it clear to your therapist if you have any injuries, pains, health issues or are pregnant.
- No cancellation fee will be charged for cancellations up to four hours prior to treatment, however after this time, 50% of the treatment will unfortunately have to be charged.
- Please note: All prices include VAT at 23%.

*Offer applicable to treatments received per person. The 'Pamper Package' and 'Spa Package' count as one treatment. Gel Removal and Cryogenic Treatments not included. Cannot be used in conjunction with any other offer.

Juicy Oasis
Boutique Health Retreat & Spa
PORTUGAL