



The Treatment Rooms

EpP Treatment Rooms offer a huge variety of services at a range of prices to suit your budget and treatment needs.

Tucked away in the Algarve Beauty School are treatment rooms prepared for your comfort, relaxation and enjoyment.

Prices vary based on your choice to receive treatments from our Educators and Head Therapists, Junior Therapists, or Students.

To keep your treatment costs low and affordable

Junior Therapists and students will be working with the professional Simply The range. Simply The Skincare contains nature's finest plant extracts and have been formulated to provide a healthy glowing vibrant skin through the effective use of their large range of professional treatment products.

To offer you pure indulgence

Head Therapists and Educators have trained specifically and work exclusively with the use of premium products and treatments normally used in high market Spas, offering treatments and products with unrivalled reputation. **Aromatherapy Associates** products contain no synthetic colour, fragrances or petro-chemically derived ingredients. **Jessica**, the world's No.1 Natural Nail Care System.





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Massage and Body Treatments

Promote a sense of relaxation and wellbeing. Firm and invigorating, to relieve typical muscle tension and stress, or rhythmically de-stressing to help unwind. Massage will be with a plain oil, or for an aromatic blend add 5€ to the treatment cost.

	Junior	Head
✿ Back, Neck and Shoulder Massage (25mins)	22€	35€
✿ Back, Neck, Shoulder, Décolleté and Scalp (45mins)	27€	40€
✿ Full Body Massage (55mins)	32€	45€
✿ Full Body Massage including scalp and pressure points of the head (75mins)	37€	50€
✿ Indian Head Massage (25mins) A deeply effective treatment, performed sitting in a chair to vigorously relieve tensions in the upper back, upper arms, neck, shoulders, scalp and face. Includes chakra balancing working on the physical and emotional body.	22€	35€
✿ Hot Stone Full Body Massage (90mins) A relaxing and effective treatment using a range of delightful massage techniques combined with the energetic properties of natural volcanic basalt stones and their soothing warmth. The heat of the warmed stones penetrates deeply into the muscles inducing relaxation of mind and body. An indulgent treat for stiff muscles, or deep relaxation. Cold stones may be briskly integrated in the treatment for a detoxifying effect depending on treatment requirements.	47€	65€
✿ Hot Stone Back, Neck, Shoulder Massage (45mins) As above treating the back, neck, shoulder and upper arms.	32€	45€
✿ Poultice Massage An indulgent treat. Treatment starts with refreshing foot scrub. Herbs and spices are selected, depending on the treatment objectives, and formed into warm natural cloth bundles, these are heated and used to massage, with deeply effective benefits.	75€	99€
✿ De-Stress Muscle Release (55mins) Firm massage treatment designed to work on stiff, tight and fatigued muscles and joints after sports or a day of physical stress and strain, uses warming oils and deep tissue techniques normally covering the back, back of legs, décolleté and arms. Adapted as needed.	35€	50€
✿ Conditioning and Relaxing Back Treatment (55mins) A luxurious deep cleansing back treatment, which cleanses and exfoliates to remove dead skin in this hard to reach area. A back massage stimulates blood supply bringing nutrients and oxygen to the tissues, a selected base mask is applied to hydrate or deeply cleanse, and hot paraffin applied to nourish and warm the area, while the back of legs and feet are massaged.	40€	55€



	Junior	Head
<p>✿ Cellulite Treatment (55mins)</p> <p>Concentrating on the upper thigh, buttock and lower back, this is an intensive, stimulating treatment utilising the amazing benefits of the G5 mechanical massager; combined with the detoxifying effects of a Seaweed wrap and specific foot reflex points to work on eliminating toxins from the body. This toning, detoxifying, cellulite busting treatment will leave your contours smoother, firmer and delightfully soft. A course of treatments is recommended offering amazing results when combined with exercise and a healthy diet.</p>	38€	50€
<p>✿ Body Scrub (25mins)</p> <p>Enjoy the deep cleansing effects of this skin softening treatment on its own, or add prior to any massage treatment to increase the hydrating benefits of the massage oil used and leave your skin silky soft.</p>	15€	22€
<p>✿ Reiki (75mins)</p> <p>Gentle balancing of the body's subtle energies, to release blocked energy on many levels. Energy of light and love flows into the areas of most imbalance, working on the root of the problem. Anyone can benefit from Reiki, as it is a very relaxing treatment and works on relieving stresses and tension in the mind, and allows the body and spirit to heal. The client remains fully clothed throughout the treatment, while the practitioner gently applies their hands on or just above the body.</p>	20€	40€
<p>✿ Bowen Therapy (ISBT)</p> <p>A much applauded dynamic fascia (<i>the body's connective tissue</i>) and muscle release body treatment using single moves applied across muscles, tendons and ligaments to improve the flow of blood, lymph and energy for fantastic results. Ideal for work on traumas, injuries and the frail. Price depending on the treatment time.</p>	15€- 20€	30€- 50€



Facials

Using **Aromatherapy Associates** products. With an unrivalled reputation among the worlds leading spas for its premium therapeutic products. Aromatherapy Associates products contain no synthetic colour, fragrances or petro-chemically derived ingredients.

	Junior	Head
<p>✿ Renew Rose Radiance: (60mins)</p> <p>A luxurious treatment using organically grown rose preparations to soften and soothe the skin. Stress relieving massage techniques are used to release tension in the scalp, neck, shoulders and face. Your skin is left toned, polished, delicately scented and simply radiant. Glowing from inside out!</p>		50€
<p>✿ Renew Rose Anti-Age Facial: (75mins)</p> <p>Specially designed for mature, dry skins. Uses the anti-aging properties of rose and frankincense. Includes hydrating and rejuvenating gel and mud masks, specific work on the delicate eye area and a relaxing facial massage.</p>		55€
<p>✿ Extra Relaxing Facial: (90mins)</p> <p>Start your hour and a half of total relaxation with a 30 minute Back, Neck and Shoulder Massage, followed by the Renew Rose Radiance Facial.</p>		65€
<p>✿ Express Facial: (30mins)</p> <p>A taster facial to leave your skin cleansed, toned, polished and nourished.</p>		38€
<p>✿ Stress Relieving Eye Treatment: (25mins)</p> <p>Soothes and hydrates the delicate eye area including pressure point and scalp massage. Especially beneficial for those who wear contact lenses and glasses, work with computers or suffer from hay fever and other allergies.</p>		38€

Simply The Skincare contains natures finest plant extracts which have been formulated to provide a healthy glowing vibrant skin through the effective use of cleansers, toners, exfoliators, moisturisers and masks along with a range of professional treatment products. The range is complemented by contemporary packaged retail products to allow the client to continue their skin care regime at home.

	Junior	Head
<p>✿ Indulgent Facial (75mins)</p> <p>A classic, relaxing facial to rejuvenate and leave your skin deeply cleansed. A skin analysis will decide on the most suitable product range for your skin. Cleanser is worked deep into the pores, exfoliating reveals young, glowing skin and a massage with a specifically selected delightful blend of oils to the décolleté and face stimulates and rejuvenates. A mask chosen especially for your concerns is applied and left to its effects while either a scalp or hand and arm massage is performed to revitalise.</p>		30€



- ✿ **Deep Cleansing Facial** (90mins)
The classic Indulgent Facial, including the hydrating, deep cleansing or antibacterial effects of **steam** - applied and adapted dependant on your skin type and concerns.
- ✿ **Express Facial** (30mins)
A taster facial to leave your skin cleansed, toned, polished and nourished.

Junior	Head
40€	
22€	

Manicures, Pedicures and Nail Art.

Within the **Head Therapist/ Educator** prices the range of products used will be The **JESSICA** range along with its natural nail care systems and range of up to date dazzling colours, this range also encompasses the **ZenSpa Pedicure** – an aromatherapy based pedicure to nourish your feet and your soul, **GELeration** – a gel polish with a huge range of colours many of which match the custom nail colours and **FLASH FUSION 2.5.2** – a brand new product that combines the best of gel and polish, which requires no LED or UV light to cure and clients can be out the door and in their closed toed shoes in 5 minutes. GELeration and FLASH FUSION applications should be removed professional – or there is a client sized removal product which can be purchased for home removal.

The **Simply The Range** is used with in **Junior Therapist** or **Student Treatments** and encompasses a complete professional range, with retail products available to maintain treatment results, to offer an effective range of treatments.

- ✿ **Express Manicure** (30mins)
Nails are shaped and painted OR shaped with cuticle work.
- ✿ **Basic Care Manicure** (45mins)
Nails are shaped, cuticles pushed back, hand and forearm massage and nails are painted.
- ✿ **Indulgent Manicure** (55mins)
A delightful treatment Manicure, exfoliating the skin to leave it soft and smooth, cuticle work, the application of a mask in the summer or heated mittens in the winter and a hand and forearm massage completed with painted nails.

Junior	Head
7,50€	13€
10€	17€
15€	22€



	Junior	Head
<p>✿ Express Pedicure (30mins) Nails are shaped and painted or shaped with cuticle work</p>	8€	14€
<p>✿ Basic Care Pedicure (45mins) Hard skin is buffed and smoothed, cuticles pushed back , foot and lower leg massage and nails are painted.</p>	11€	18€
<p>✿ Indulgent Pedicure (75mins) Indulgent foot and leg treatment, using aromatherapy based products for softer smoother feet. Heels are buffed and smoothed, an exfoliator is briskly massaged over the foot and up the lower leg. Feet are then soaked in a warm aromatherapy foot spa. Foot lotions are applied with cuticle creams to soften. A nourishing mask is applied in the summer months or heated booties in the cold winter months. Cuticles are pushed back and nails are shaped and polished to finish.</p>	18€	27.50€
<p>✿ Nail Art can be applied for that extra dazzle – cost dependant on art given ranges from 0.50€ - 2€ per nail. Please enquire. Extra time is needed so please advise at time of booking if nail art is required.</p>		
<p>✿ GELeration add 10€ to your selected treatment cost.</p>		
<p>✿ FUSION2.5.2 add 5€ to your selected treatment cost.</p>		

Waxing

Forget daily shaving. With the soothing, antiseptic effects of Green Tea wax, hair is removed quickly and hygienically, leaving smooth hair free results for up to 4-6 weeks.
Student prices using a warm honey wax.

	Junior	Head
✿ Half Leg (25mins)	10€	15€
✿ Three-quarter Leg (40mins)	12€	17€
✿ Full Leg (45/50mins)	16€	22€
✿ Under Arm (15mins)	5€	8€
✿ Forearm (20mins)	8€	10€
✿ Bikini (20mins)	8€	10€
✿ Lip (10mins)	5€	7€
✿ Chin (10mins)	5€	8€
✿ Full Leg and Bikini Line (50/60mins)	20€	27€
✿ Back (20mins)	10€	16€
✿ Chest (20mins)	10€	16€
✿ Brazilian Bikini Wax (35mins) Removal of all bikini hair excluding a small strip at the top.	15€	20€



	Junior	Head
<p>✿ Hollywood Bikini Wax (35mins) Removal of all bikini hair.</p>	15€	20€
<p>✿ Bikini Bling (5mins) Selected diamanté designs for some bikini dazzle. Add 8€ to your treatment cost.</p>		
<p>✿ Male Brazilian/Boyzilian (60/75mins) Depending on client requirements removal of all pubic hair</p>		40€

Eye Enhancements

Show off your eyes, naturally. (Skin Patch Test is required 24hours prior to any Tinting, Perming, Semi Permanent Mascara or Lash Extension treatments.)

	Junior	Head
✿ Eyelash Tint (20mins)	9€	10€
✿ Eyebrow Tint (10mins)	6€	8€
<p>✿ Eyebrow Shape (20mins) Lifts the eyes, frames the face.</p>	7€	10€
<p>✿ Eyelash Perming (45mins) Creates a gentle curl, to open the eyes, lasts for up to 8 weeks.</p>		30€
<p>✿ Individual Eyelash Extensions Individual lashes are carefully placed close to the base of a single natural lash using high quality, made in Europe iLash products. All prices include a removal treatment, which can be booked at any time. Depending on the effect you require you can choose between:</p>		
<p>✿ The Original Full Set (up to 2 hours) 30-50 lashes per eye. Lasts up to 6 weeks, lashes shed with own natural lashes.</p>	35€	70€
<p>✿ A Quick Fix (30/40mins) 5-10 lashes per eye applied to the outer corners only.</p>	15€	25€
<p>✿ A Top Up (20-40mins) 2 weekly maintenance to top up shed lashes and keep them looking their best.</p>	10€	20€
<p>✿ Express (45mins) An equally dramatic effect as The Original Full Set, but lashes are not placed as precisely, and only lasts up to two weeks.</p>	15€	25€



✿ **Crybaby Semi Permanent Mascara** (35mins)

Crybaby is the original and the best semi-permanent mascara, and you can tell it spent 3 years in development. A beautiful product, professionally applied, which coats the lashes making them thicker, longer and giving a gentle curl. This treatment takes just 30mins to apply and lasts for 2 weeks. Looks and feels like mascara, but without the smudges. Perfect for weddings, holidays or general wear. If you haven't tried it, I definitely recommend it!

Junior	Head
	35€

Pregnancy Treatments

(using Aromatherapy Associates products, contain no synthetic colour, fragrances or petro-chemically derived ingredients).

Mum-To-Be Full Body Massage: (75mins)

With the nourishing properties of Rose and Neroli oil, to ease discomforts and nourish the skin.

Renew Rose Facial For Mum-To-Be: (55mins)

Includes scalp massage cleansing, toning, exfoliation, facial massage and application of hydrating rose mask.

Mum-To-Be Pampering Package: (165mins/ 2hours 45mins)

This treatment combines the three most popular treatments for pregnant women resulting in the ultimate pampering treat for an expectant mum. Starting with a full body massage with a nourishing Rose and Neroli oil, followed by an express Rose facial, and finishing with an Indulgent Pedicure.

Junior	Head
	55€
	50€
	105€

Mini Miss Algarve

Designed to introduce girls under the age of 14 to beauty and skin care. Only available with parental consent and before or after parents treatment. Or in **party** of young girls all with parental consent.

Mini Miss Manicure: (40mins)

A pretty tidy up, or to introduce natural nail care to your daughter, with advice on how to look after and care for her natural nails, or help stop biting and picking.

Mini Miss Facial: (25mins)

At an age where hormones and make up mean that a good skin care routine is of the up most importance, introduce the significance of skin care to ensure maintenance of healthy skin, homecare advice is given.

Junior	Head
10€	15€
20€	35€



Mini Miss Eyebrow Shape: (15mins)

At an age when a lot of girls will try to take matters of eyebrow shaping into their own hands anyway, why not introduce the professional shape, with maintenance advice.

Mini Miss Eyelash Tint: (20mins)

For holidays or a special occasion. A patch test is needed 24hours previously.

Junior	Head
6€	8€
9€	10€

Girls Night In.

A bottle of wine to share and a selection of 3 mini treatments each. For parties of 3 or more. Available in the evenings, please enquire if day time is needed and we will see what we can do!

Select from a Back Massage **OR** Express Facial **OR** Indian Head Massage, with your choice of an Express Pedicure, Express Manicure, Eyelash Tint , Eyebrow Shape.

Junior	Head
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Lagos Foot Clinic

Run by Owain Harris BSc(Hons) Podiatry, specialise in the treatment of foot conditions and associated biomechanical dysfunctions. Lagos Foot Clinic runs Mondays and Thursdays and appointment bookings are needed in advance, directly through Owain Tel 911967586.



Chiropody / podiatry deals with any skin or nail problems such as:

- Hard skin
- Warts and verrucae
- Diabetic foot problems
- Ingrowing toe nails
- Fungal infections
- Biomechanics
- Corns and callous
- Infected and deformed toe nails
- Nail surgery under local anaesthetic
- Footcare and footwear advice
- Sports injuries
- Orthotics/Insoles

Shiatsu and Acupuncture

With Tom Wilson runs Tuesdays and Thursdays and appointment bookings are needed in advance, directly through Tom Tel 965131858.





By Road from the N125

From the N125, enter Lagos at the roundabout with the police station. Next roundabout – with a big boat in the middle – turn left. Pass two Galp petrol stations on either side of the road. At the next round about go straight over, you are now on the Avenida. Continue along the Avenida until you pass the ‘Bombeiro’/ Firestation, going up hill until you get to the roundabout with the big metal ball in the middle. Turn right. Take the first left, after the shop ‘Casa Moderna’, this road is Rua Salgueiro Maia, we are just inside that road on the right – 29A, opposite pizzeria PizzoLino.

Walking from the town centre.

Head past the JahShaka Surf Shop, and past The Three Monkeys bar and The Jam, keep going past The Garden and on straight pass the Barbeque Chicken/ Churrasqueira and out the city walls. You will pass a green/ park on your left and the car park on your right and come to a mini roundabout – go left – when you get to the Spa supermarket turn right, heading up a hill and then take your first right – we are just inside this road on the right, next to the gold shop and opposite PizzoLino!

Additional Information

- If you are receiving any form of medication or medical treatment, or are, or maybe pregnant, please inform your therapist. Please advise your therapist if any of the above changes. This is for your own well-being and should be notified at time of booking.
 - Gift vouchers and products are available for purchase.
 - Unfortunately, only cash payments can be accepted.
- If you want to enjoy your treatments from the comfort of your own home/ hotel, mobile treatments can be arranged. Mobile Spa for large group bookings.

