

Escape Spa Day Pass

The Escape Spa is a sanctuary of tranquillity and serenity, a place where you can retreat, relax and indulge in some ultimate 'you' time.

To create a peaceful, serene, uncrowded environment, the spa is reserved for guests receiving a treatment. Each day, however, we offer a limited number of Escape Spa day passes. The pass includes **unlimited access to the spa throughout the day**, with the freedom to come and go as you please, so you can set your own relaxation rhythm.

Escape Spa Facilities:

- Stunning Hot Pool -
- Eucalyptus-Scented Steam Room -
- Relaxing Sauna -
- Beautiful Sumptuous Balinese Loungers -
- Unlimited Organic Herbal Teas -

Escape Day Spa Pass - €25 per person

The Escape Day Spa Pass is ***included*** in all of our treatment prices.

All rates include 23% Portuguese VAT

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Escape Spa

Wellness Menu

Welcome To The Escape Spa

The Spa at Juicy Escape is something very special and totally unique. As soon as you walk through the doors, our tropical indoor garden will set the tone for your indulgent experience. The spa's iconic design is centred around a large central dome that features a stunning hot pool, a eucalyptus-scented steam room and a beautiful relaxing sauna.

Around the central dome are 14 bespoke therapy rooms, as well as a peaceful treatment waiting dome. Around the hot pool, we have Balinese loungers and herbal tea/water station to aid your relaxation.

We have a range of wonderful treatments from relaxing, sensuous massages to our divine rainforest experience, as well as colonic hydrotherapy. Whether you are looking for help with a particular condition/injury or just want to indulge in some deep relaxation, we are confident that Juicy Escape Spa won't disappoint.

The Info Bit...

- Please arrive at the spa at least 5 minutes before your treatment. Unfortunately, time lost due to a late arrival cannot be made up.
- For everyone's benefit, no outdoor shoes should be worn inside the spa; please swap your shoes on arrival for a pair of spa slippers.
- Please remove all jewellery before your treatment.
- Please disclose to your therapist if you have any injuries, pain, health issues or are pregnant BEFORE your treatment.
- During your treatment, please let your therapist know immediately if you are uncomfortable in any way.
- Cancellation within 24 hours of your appointment (or no-shows) will, unfortunately, result in a charge of 50% of the treatment price.
- Each therapist uses their own individual techniques, so treatments can vary.

Our Products

At Juicy Escape, we believe what you put on your skin matters, so we have partnered with the Portuguese natural skincare brand OLÍÓFORA. Their products form the foundation of our massage treatments and can be found throughout the retreat, in all our bathrooms, for you to enjoy during your stay.

All OLÍÓFORA products are formulated using essential oils extracted from raw nuts and seeds. These are then cold-pressed to retain essential nutrients and vitamins to support and nourish your skin. The aromas from these high-quality essential oils are natural, pure, and simply delicious, leaving you feeling indulged and your skin hydrated and nourished.

We also stock a range of OLÍÓFORA skin and hair care products in our shop, so you can take a little piece of Juicy Escape home with you and continue your wellness journey after you leave.



Relaxing Massage

Pure Bliss: 50 minutes €110, 80 minutes €160

A full-body massage designed to transport you to a place of deep relaxation. Flowing strokes and beautiful oil combine to gently take your entire body and mind to a state of pure bliss!

Hot Stone: 50 minutes €110

A very special full-body massage that utilises the healing power of direct heat. Smooth hot stones are placed on strategic points of the body where the heat is absorbed into the soft tissue. Combined with flowing massage strokes, this treatment relaxes the soft tissues, relieves tight, tense muscles, and calms the mind.

Indian Head & Back Massage: 50 minutes €110

This massage specifically focuses on the upper chakras of the body, treating the head, neck, shoulders and back. This treatment begins on a traditional Indian head massage chair with a focused head and neck massage, then the second half takes place on the massage bed, where you will experience a gorgeous back massage.

Sensuous Hot Candle*: 50 minutes €120

This full-body (clothing optional*) massage uses luscious hot oil from a special massage oil candle. Savour the sensation of hot oil being poured over your body and decompress with this beautifully gentle, slow and sensuous massage. Use the eye mask provided to really focus the senses and connect with touch. This is a deeply relaxing experience for the body and mind.

*You are welcome to go clothing-free during the massage; however, this is optional, and a covering will be provided. Please note, this massage is sensuous, not sensual!

Therapeutic Massage

Deep Tissue Massage: 50 minutes €125, 80 minutes €175

This full-body massage uses pressure to manipulate the muscles on a much deeper level than our 'Relaxing Massages'. This treatment is often referred to as a Sports Massage and can be tailored to your specific needs. This treatment focuses on your muscles, so it is particularly beneficial if you are post-exercise or are suffering from muscle knots, tension or tightness.





Rainforest Indulgence

Exfoliation & Massage: 50 minutes €140

This full-body treatment takes place on the 'Vichy Shower' bed and begins with a coarse salt scrub to exfoliate and remove any dead skin cells before a softer brown sugar scrub is applied for a more gentle exfoliation. This is followed by warm water from the rainforest shower cascading down over your body. Your therapist will wash away the scrub before commencing a soothing oil massage. This is a unique treatment as you will be massaged simultaneously whilst warm water flows over your entire body.

Exfoliation & Extended Massage Indulgence: 100 minutes €230

A glorious combination of the 'Exfoliation & Massage' followed by a 50-minute 'Pure Bliss' full-body massage. This treatment will leave you in a state of total relaxation and your skin smooth and moisturised.



Couples Massage



Couples Massage: 50 minutes €220, 80 minutes €320

Reconnect, relax and unwind together with our beautiful couples massage. Designed to nurture both body and bond. This shared experience invites you and your partner to simultaneously enjoy a deeply relaxing massage where time slows down, and stress melts away.

Soft lighting and calming music create the perfect atmosphere to escape the outside world and focus on each other. Whether celebrating a special occasion or simply taking time to create some magic for your soulmate, this experience offers a beautiful opportunity for shared serenity.



Colonic Hydrotherapy

Colonic: 40 - 50 minutes, depending on the individual €120

This therapy is a long-established, well-respected treatment that beautifully complements and enhances your cleanse. A colonic is essentially an internal bath for the colon. Warm, filtered water is gently introduced to the rectum, where it stimulates the peristaltic action and allows the body to 'release'. This facilitates the removal of stubborn accumulated faecal matter, trapped gas, mucus and unwanted toxins.

During your time at Juicy Escape, you are consuming an abundance of nutrient-rich fruits and vegetables, with no processed foods, artificial flavours/colours/additives or anything that isn't as nature intended. This means your body's natural detoxification process isn't overburdened and, in simple terms, means your system gets the opportunity to have a really thorough 'spring clean' and release any unwanted toxins that have been stored in fat cells. These naturally end up in your colon, and a colonic treatment facilitates the rapid and effective elimination from your body.

For optimal results, we recommend two sessions (or in some cases more). However, your therapist will advise.

Colonic Infusions

We offer three powerful infusions, each with unique health benefits.

Organic Coffee Infusion: €15

This stimulates bile release to move more toxins through the bowel for elimination - Recommended for the primary treatment.

Organic Wheatgrass Infusion: €15

This delivers an intense nutritional boost directly into the system that aids the cleansing process - Recommended during final treatment.

Probiotic Infusion: €15

This delivers live bacteria directly to the gut to aid absorption and rebalance gut flora - Recommended during any treatment.

