



VERMELHO

M E L I D E S

# WELLNESS

A wellness area where the most advanced high-end cosmetic products blend together to perfection with ancient holistic techniques. Here, the focus is always you and your well-being; and we understand that no two people are alike. Discover bespoke treatments tailor-made for your individual needs, reconnect with your inner self, and relish the freedom of peace of mind.





# WELCOME TO THE WORLD OF KAMA AYURVEDA

Born in 2002 from the rediscovery of centuries-old Ayurvedic recipes by visionary founder Vivek Sahni, Kama Ayurveda was created to bring back to light these treasured medicinal preparations.

Since then, with every formulation, Kama Ayurveda has been a frontrunner in Ayurvedic beauty, harnessing the transformative power of precious natural botanicals and magnifying their potency in luscious textures.

Discover the wisdom of scientifically proven beauty rituals and the timeless truths of holistic beauty, to reach mind — body — and soul harmony.

## FEATURED TREATMENTS

1. The Legendary Glow Facial
2. The Express Glow Facial
3. Abhyanga Massage
4. Shirochampi
5. Shirodhara & Shiroabhyanga

**ENERGY *of* LIFE**  
**WISDOM *of* NATURE**





# WELCOME TO THE WORLD OF VALMONT

Welcome to the world of art and beauty with Valmont, a prestigious Swiss Cosmetics Group founded in 1985.

With an expertise in anti-aging Swiss Cellular cosmetics of the highest standards in quality, the Valmont laboratories create lavish compositions with a unique selection of the finest ingredients.

The Valmont Group brings together the worlds of art, luxury, cosmetics, and wellness. These pillars are where effectiveness, seduction, and sensory & olfactory experiences intermingle and combine along with a virtuous passion for modern art. Recognized expertise in anti-aging cosmetics is showcased in a collection of emblematic treatments.

## FEATURED TREATMENTS

1. Hydration of the Blisses
2. Firmness of the Hills





# AYURVEDA COLLECTION

Immerse yourself in our luxurious and well being treatments. Experience something unique and unforgettable in your stay at our hotel. This experience will embrace your body, mind and energy into an upper and balanced level.

The touch of especial warm and specific oils for each Dosha will help you travel India, bringing extreme wellness. Our well trained and experienced therapists will be delighted to guide you in this experience!

I

## Abhyanga Massage

**60 min - 145€ / 90 min - 185€**

Our therapist will analyse your Dosha with a specific technique and choose a specific oil according to your needs. This ancient therapy with this specific and warm oil will help you embrace a special massage techniques and specific marmas, you will achieve a great sensation of wellness as well release emotional blockages.

II

## Shirochampi

**30 min - 80€ / 60 min - 145€**

Head massage was considered particularly effective according to the Ayurvedic texts. It provides relief from stress, and also stimulates a high concentration of marma points. This traditional massage activates the circulation of the blood and lymphatic fluids in the head, neck and shoulders. It is a protocol designed for relaxation, and encompasses mind and body to relieve tensions, and can help ease headaches and insomnia. Using oils, your expert therapist begins at the top of the head, the crown, and works downwards to include neck, shoulders and upper back.





### III

## Shirodhara & Shiroabhyanga

90 min – 195€

A moment of rebalancing at the heart of the Ayurvedic experience. One of Ayurveda's most symbolic massages, shirodhara represents the essence of Ayurvedic healing. The pouring of oil onto the third eye and forehead is believed to balance and harmonise the mind, body and spirit. Kama Ayurveda follows rigorously the ancient protocols of this recognized technique that seems to evaporate stress and bring calm to the nervous system. It is associated with inner calm across the world and brings spectacular benefits.

### IV

## Udvartana

60 min – 185€

A relaxing body massage that leaves skin beautifully soft and gives a fresh start to the skin. Inspired by the Ayurvedic cleansing protocols, the (udvartana) is a massage that leaves the skin purified and exceptionally soft, as if reborn. Incorporating a gentle, nourishing scrub it exfoliates deeply, stimulates purification and brings profound relaxation. Unique in its blend of healing, powdered herbs, this body massage and scrub is given either with to without oil depending on your Dosha type. Exfoliation reveals new skin, leaving a radiant glow and allowing for a better absorption of the oils and also stimulates lymphatic drainage. A new beginning for your body.

### V

## Sweda Shachet Massage

60 min – 175€

This Ayurvedic experience is applied with the help of Sachets (small bags of cloth) that are filled with rice and mixed with several oriental spices. These bags are dipped in a specific oil and are applied with specific movements on the body in order to eliminate toxins, strengthen your immune system, activate your blood circulation and bring total relaxation.





# MASSAGE COLLECTION

## I. Jetlag Vermelho Signature

**75 min – 150€**

Begin your journey at Vermelho, by being pampered by a foot ritual, starting with a foot scrub with fresh organic herbs, picked from our Portuguese garden, followed with a foot reflexology treatment. Then we will help you indulge yourself with a unique full body massage with fine selected olive oil from Alentejo, with several relaxing techniques that will be applied to help drain, relax and recover from your trip and give a complete relaxation for the rest of your stay with us!

## II. Relax & Renew

**60 min – 135€ / 90 min – 175€**

Embark on this deeply relaxing experience with a full body massage, from head to toe. This massage has been tailored with specific techniques, which will allow you to travel in an unforgettable journey that will renew your soul.

## III. Climb the Rocks Experience

**60 min – 150€ / 90 min – 185€**

A holistic technique that uses heated basalt stones alongside warm essential oils to melt away all tension and release any chakra blockages.

A massage that promotes deep relaxation and helps relieve chronic muscular pain, fatigue and sleeping disorders.

## IV. Deep Tissue Massage

**60 min – 145€ / 90 min – 185€**

A deep tissue massage to relax tense muscles and relieve chronic tension. Your therapist's expert hands will break knots and tight tissues to relieve pain, stiffness, and high levels of stress.

## V. Anti-Stress Back Remedy

**30 min – 85€**

This treatment was crafted with a medium/high pressure massage along with stretching techniques that will relieve any tension accumulated in the back, neck, and shoulders. The experience will be energizing and relaxing, leaving your body with a complete sense of well-being.

## VI. Foot Reflexology

**30 min – 90€**

Allow your feet to be in good hands. This experience is a therapeutic practice that involves applying targeted pressure to specific points on the feet that correspond to different organs and systems in the body. It will contribute to reducing stress, improving sleep, relieving pain, and promoting overall bodily relaxation.





# FACIAL COLLECTION

I

## The Legendary Glow Facial

**60 min – 145€**

The signature Kama Ayurveda radiance facial, visibly revives and dramatically reinvigorates the skin's natural propensity to glow with health. Using a mix of original herbal blends and massage techniques the treatment has three variations, dependent on your skin type. 56 precise movements stimulate the marma points, or energy hubs, to revive blood circulation and stimulate purification. The result is a reposed, radiant glow.

II

## Express Glow Facial

**30 min – 90€**

Express Glow delivers visible results in a shortened 5 step protocol. This facial massage will revive and reinvigorate the complexion's natural glow. Using Kama's mix of original herbal blends and relaxing massage, the treatment uses products exclusively from the Kumkumadi range, one of Ayurveda's most precious formulations, to rekindle youthful radiance. Rapidly.

III

## Hydration of the Blisses

**40 min – 140€**

Valmont has created the perfect treatment to promote longevity. The results are outstanding as it slows down the aging process. With a delicate and unique relaxing facial massage that targets the lymphatic system, by improving all the fluid flow. This treatment fills the epidermis with water to reveal, contributing to a nourished, healthy and younger skin. Aging will have to wait for a Long time.

IV

## Firmness of the Hills

**75 min – 215€**

This Valmont treatment has been tailored with advanced technology and techniques to give your skin an unforgettable experience. With a slow, deep massage that targets the dermis and a highly concentrated collagen mask, the most amazing result will be achieved. Unique firmness, healthy glow, plumpness, elasticity, and nourishing effect to the skin will give you a new look that reveals a younger-looking face with better-defined lines.





### **SCHEDULE**

Every day from 10:00 A.M to 07:00 P.M

### **RESERVATIONS**

For more information or to make a reservation, contact us by dialing +351 915 280 511 or emailing [welcome@vermelhomelides.com](mailto:welcome@vermelhomelides.com).

If you wish, you can also visit the reception.

It is advisable to book at least 24 hours prior to the desired time.

### **BEFORE ARRIVING**

We recommend that you leave your jewelry and personal accessories in your room.

### **PUNCTUALITY**

Out of respect for other guests' reservations, please note that we are unable to extend your treatment time in the event of late arrival.

### **DURING YOUR STAY**

We appreciate your help in maintaining the peaceful atmosphere necessary to enjoy the treatments. Please keep your voice down and remember that smoking or the use of mobile phones are not allowed.

To extend your well-being experience to your room or your home, we are pleased to offer a variety of products for sale.

### **CANCELLATIONS**

If you wish to cancel or reschedule your appointment, please notify us at least 8 hours before the time reserved. Vermelho will charge 100% of the treatments cancelled with less than 8 hours' notice or in the event of a no-show.

### **PAYMENT**

All treatments will be charged to your room and detailed on your bill at the time of checkout.

