



ESTRELA
Health & Beauty
PRAIA DA LUZ



Inspired by Wellness

ELEMIS
LONDON

Massage

€

Localized Massage

30 min 40

If you are looking for a massage in just one area, this is the perfect massage for you. Back, neck & shoulders; Legs and feet; or simply just the face and scalp for example.

Relaxing Massage

60 min 60

Full body massage with light to moderate pressure, tailored to each individual. It releases tension, relaxes muscles and promotes general well-being.

Deep Tissue Massage

60 min 65

Full-body rhythmic massage using deep to moderate pressure to relieve muscular stress.

Bamboo Massage

30 min / 60 min 45 / 65

Deep pressure massage with draining movements, localized or full body, that combines hand pressure with the use of bamboo sticks.

Localized - 30 min / Full body - 60 min

Body treatments

Manual Lymphatic Drainage

Gentle lymphatic system stimulation helps reduce toxins, fluid retention, cellulite, and lymphoedema.

Legs, feet and glutes

60 min 60

Face and neck

30 min 35

Back, chest, tummy and arms

60 min 60

Small area of choice

30 min 40

Facial treatments

Estrela Facial - for her and for him

60 min 65

Complete facial treatment with active ingredients. It includes cleansing, exfoliation, drainage, massage, mask and finishing creams.

Add eye mask - 5€

Express Estrela Facial

30 min 40

A quick skin-balancing treatment. Cleansing, exfoliation, drainage, massage, mask, and creams customised to your skin are all included.

Superfood Pro-Radiance Facial

60 min 75

All skin types treatment, rich in superfoods, minerals, energising, and detoxifying active components. Resulting in vibrant and healthy skin.

Pro-Collagen Age Defy

60 min 80

Ingredients used in wrinkle treatment include algae, padina pavonica, and red coral. Beneficial for skin nourishment.

Pro-Collagen Definition Lift & Contour

60 min 80

Restorative facial treatment with active plant ingredients to shape the face. Suitable for mature skin (+55 years).

High Performance Skin Energiser

60 min 75

Men's intensive face treatment. Combats the signs of ageing, dehydration, and tired eyes by stimulating blood circulation.

Aesthetics

Express

Express Manicure	30 min	15	/	French	40 min	20
Express Pedicure	30 min	18	/	French	40 min	23

Manicure

Regular	50 min	30	/	French	60 min	33
---------	--------	----	---	--------	--------	----

Pedicure

Regular	60 min	35
---------	--------	----

Re-polish

Regular	15 min	8	/	French	15 min	10
---------	--------	---	---	--------	--------	----



Important notice: Please note that we do not work with gel or acrylic nails.

Waxing

Eyebrow	6	Half Leg	18
Underarm	9	Full Leg	28
Bikini partial	13	Half Leg & Bikini line	25
Bikini Full	18	Full Leg & Bikini Line	35
Eyebrow tinting			20

Useful information

- Check in at least 15 minutes before your appointment. It may be necessary to complete a form.
- If you need to take a shower before starting the massage, we provide a bathrobe, towel and amenities.
- Minimum age for treatments is 18 years. Underage clients require a parent to sign a form.
- Customers wishing to cancel/change bookings must do so 24 hours in advance, or 50% of the amount may be charged.
- If you arrive late at the appointment, you may not receive the full treatment. In these cases, the full amount will be charged.
- Look after your personal possessions. Management accepts no responsibility for their loss.
- Correct pricing at the time of printing. Management reserves the right to change the conditions of treatment without prior notice.
- Please turn off or silence your cell phone during the period where you use our facilities.

Estrela Health & Beauty

Rua Professor Manuel Augusto Alves Catarino
Praia da Luz 8600-136 Luz - Lagos

T: (+351) 282 771200 E: info@estreladaluz.com