

Sayanna Wellness Retreat at EPIC SANA Algarve

# SAYANNA DE-STRESS

Reducing stress in your everyday life is vital to maintain your overall health, as it can improve your mood, boost immune function, promote longevity and allow you to be more productive.



## Key programme inclusions:

- ◆ **7 Nights Accommodation – Deluxe Room Resort View**  
Free upgrade to superior category room (upon availability)  
Vip treatment in room upon arrival  
Personalized Wellness Assistance
- ◆ **Full Board**  
Breakfast, lunch and dinner  
2 juices per day
- ◆ **Free access to EPIC Vital group activities**  
Pilates, Yoga, Cycling, Epic Circuit, Stretching, Running, Functional Circuit, TRX
- ◆ **Free access to the SPA facilities**  
Indoor Heated Pool, Gym, Relaxation Pool,, Sauna, Turkish Bath
- ◆ **Sayanna De-Stress**  
1 x Nature Walk  
2 x Meditation Classes  
1 x Shiatsu Massage  
1 x Reflexology Treatment  
1 x Kaori Massage  
1 x Relaxing Sayanna Massage  
1 x Osteopathic Evaluation
- ◆ **15% discount in wellness and relaxation rituals and treatments from Sayanna Wellness Spa**
- ◆ **Return Airport Transfers (Faro)**

Rates per person	In Single Deluxe Room Resort View	In Double Deluxe Room Resort View
01 Nov. 17 to 28 Mar. 18	€ 2577.00	€ 2243.00
29 Mar. to 31 May & October 18	€ 3107.00	€ 2516.00
June & 16 to 30 Sep. 18	€ 3369.00	€ 2647.00
01 to 15 Jul. & 01 to 15 Sep. 18	€ 3807.00	€ 2866.00
16 Jul. to 31 Aug. 18	€ 4682.00	€ 3304.00

*For other room types or supplements contact us*

## Booking Conditions

All above mentioned rates are per person with taxes included.

Package always on request. Excluded period 26<sup>th</sup> November 17 to 25<sup>th</sup> December 17 inclusive.

The Hotel has the right to cancel and/or change this package without previous notice.

## Cancellation Policies

For reservations cancelled up to 2 weeks before the arrival date - 30% of the total value will be charged.

For reservations cancelled less than 2 weeks from the arrival date - the total value will be charged.

For further information please contact our reservations department:

Tel. 00351 289 104 399 / Fax. 00351 289 104 301 /e-mail: [rsv.algarve@epic.sanahotels.com](mailto:rsv.algarve@epic.sanahotels.com)

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# SAYANNA DE-STRESS

## Sayanna programme:

### **1 x Nature Walk**

Get active and discover the magnificent Falesia beach and enjoy stunning views

### **2 x Meditation Classes**

To benefit your body, mind and spirit and assist to reduce stress levels

### **1 x Shiatsu Massage**

Applies gentle but deep pressure on energy points to restore balance and release fatigue

### **1 x Reflexology Treatment**

Accesses every organ of your body through pressure points in your feet with immediate relaxing effects

### **1 x Kaori Relax Massage**

Combined massage with aromatherapy will bring you total serenity

### **1 x Relaxing Sayanna Massage**

Combines massage and facial treatment to reduce accumulated daily stress

### **1 x Osteopathic Evaluation**

Identifies and removes blockages allowing the body to rebalance

### **Added values:**

- Free upgrade to superior category room up to Deluxe Room Ocean Facing (upon availability)
- Vip treatment in room upon arrival (water, tea, seasonal fruit) – daily water replenishment at turndown
- Early check-in / late check-out (upon availability)
- Special price for accompanying guest - not in Wellness program
- Free wi-fi in rooms and public areas

## Sayanna Wellness Essence and Philosophy

**A space for relaxation, creating moments of wellness and tranquility allied with health and wellbeing...**

Inspired by eastern millenar treatments the Sayanna concept merges SANA (hotel brand) + Ayanna, the Swahili word for Wild Flower, the symbol of Sana Hotels.

**Wellbeing is our Essence. Our philosophy is to create memorable wellness experiences for our guests. Serenity and harmony are the key to inner happiness. Sayanna offers a perfect fusion of treatments and rituals from Africa and the East.**

Our treatments are designed to counteract the stresses of contemporary lifestyles and prevent adrenalin burnout. Our wellness meal plans are well-balanced and designed to be easily digested while providing your body with an optimal amount of energy, and encouraging a healthier way of eating and living.

**Enjoy the very best our Sayanna Wellness Spa has to offer by treating yourself to this luxury spa experience.**

## Sayanna Wellness Spa

With around 1,500 m2, the SPA welcomes you in your search for well-being of mind and body. It includes 9 treatment rooms with Vichy shower and outdoor treatment pavilion for couples, with garden and private Jacuzzi. There is also a sauna, Turkish bath and relaxation pool. The Fitness Center has a gym with modern equipment for cardiovascular and weight training. The facility also offers a studio for aerobic and yoga lessons.

### **Opening and closing times**

Fitness Centre – 24 hrs

SPA – From 10:00 am to 8:00 pm