



VITAL

by VILA VITA PARC

VITAL WELLNESS PROGRAMMES





Vital is a symbol that represents our commitment to create a health and wellness concept that flows harmoniously throughout each VILA VITA Parc experience.

The Vital Wellness programmes offer guests a chance to engage in a full immersive services of carefully curated wellness enhancing activities throughout the day that focus on both mental, emotional and physical well-being.

Looking at fitness, movement quality, mindfulness and spa treatments, all supported with a fully complementary nutritional offering, guest will return home with the most important benefit of all, feeling great.

Vital Wellness programmes are exclusively bookable in combination with accommodation booked at VILA VITA Parc.

The 3 or 5 day programmes are the recommended minimum duration. However, the activities may be arranged over a longer stay, allowing guests to enjoy them at their own pace.

Half board Vital Menu options are available with each programme from € 48 per person, per day. Full board options are also available.





SIGNATURE WELLNESS

The Vital Signature Wellness programme embraces all that Vital represents. Mental, physical and emotional well-being are addressed on a daily basis.

3-DAY PROGRAMME – € 330

- Pre-breakfast daily morning cardio session (30 min) *
- Private Personal Training session (60 min)
- Lymphatic Drainage Treatment (60 min)
- Yoga & Meditation session (75 min)
- Nutritional consultation (60 min)

5-DAY PROGRAMME – € 569

INCLUDES ALL ABOVE, PLUS:

- Yoga & Meditation session (75 min)
- Sisley Expert Facial (60 min)
- Deep Tissue or Sports Massage (60 min)

DESTRESS

The management of stress is a key component in well-being. The Vital Destress programme gives guests the ultimate way to physically and mentally unwind during their stay. A digital detox is also recommended.

3-DAY PROGRAMME – € 550

- Yoga & Meditation session (75 min)
- Craniosacral Treatment (60 min)
- Guided meditation on oceanview clifftops (75 min)
- Sisley Zen Harmony Body Treatment (90 min)
- Aerial Yoga (60 min)
- Indian Head Massage Ritual (60 min)

5-DAY PROGRAMME – € 750

INCLUDES ALL ABOVE, PLUS:

- Anti-Stress Ritual (90 min)
- Reflexology (60 min)
- Private Personal Training Session (60 min)

TERMS

- All reservations and services must be booked in advance and are subject to availability.
- The programme inclusions are unbreakable and non-refundable. Unused items will be forfeited and not reimbursed.
- Prices are in Euros and include VAT at the current rate and may be changed without prior notice.
- After written confirmation by our reservations department, changes to the programme inclusions may be subject to a surcharge.
- If for any reason a package component is not available at the time of booking, we reserve the right to replace it by another of similar type and value.
- The Vital Wellness activity programme is subject to change, rotation, and seasonal adjustments. Advance bookings are recommended as demand is high and space is limited in for activities.

PURIFY

Detoxing is an essential first step for any weight loss or health improvement programme. Purify and cleanse your body from accumulated toxins and impurities whilst energizing at the same time.

3-DAY PROGRAMME – € 330

- Daily morning cardio session (30 min) *
- Sauna/plunge ritual post training (daily)
- Lymphatic drainage massage (60 min)
- Nutritional consultation (60 min)
- Sisley Slimming and Firming Energizing Body Treatment (60 min) or Golden Quartz Treatment (90 min)

5-DAY PROGRAMME – € 455

INCLUDES ALL ABOVE, PLUS:

- Sisley Phyto Aromatic Purifying Facial (60 min)
- Hypoxi-Dermology (30 min)

To book, please contact us at spa@vilavitaparc.com

- * first Personal Training consultation to set out daily plan for rest of days for training on own



VILA VITA PARC



ALGARVE



LEADING
HOTELS

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