

*Regent*

PORTO MONTENEGRO



SPA & WELLNESS



### REGENT SIGNATURE

- Tension releasing
- Relaxing
- Recharging

Using your chosen oil, the therapist will apply pressure to stimulate the nervous system, Swedish and neuromuscular techniques to relieve tension, and lymphatic drainage to improve circulation.

60min: € 80,-

90min: € 110,- *(Foot scrub included)*

### ADRIATIC BREEZE

- Stress relieving
- Cleansing
- Relaxing

Starts with a cleansing, guided inhalation; followed by a tension-releasing deep massage, and a warm mud mask to the hands and feet. An expert scalp massage brings tranquility.

60min: € 75,-

90min: € 100,- *(Hot stone placement included)*



### SLEEP DEEPLY

- Calms the mind
- Induces tranquility
- Encourages good sleep

A warming foot ritual is followed by a head-to-toe massage using neuromuscular and Swedish techniques to balance the nervous system, using calming essential oils.

120min: € 150,-

### CLEAR YOUR MIND

- Reverses the effects of stress
- Unwinds and refocuses the mind

A chamomile and olive grain scrub refreshes the legs and feet, followed by an inhalation of frankincense and a stress busting aromatherapy massage. Finally, an Ayurvedic scalp and facial massage relieves anxiety and emotional exhaustion.

120min: € 175,-



## IMMUNE RECOVERY

- A fortifying upper body treatment
- Clears the sinuses
- Strengthens the immune system

An Ayurvedic scalp massage lightens a heavy head, helps unblock sinuses and ease headaches. Essential oils of eucalyptus, tea tree, pine and lavender with their anti-bacterial, antiviral properties decongest and purify, and boost immunity.

60min: € 75,-

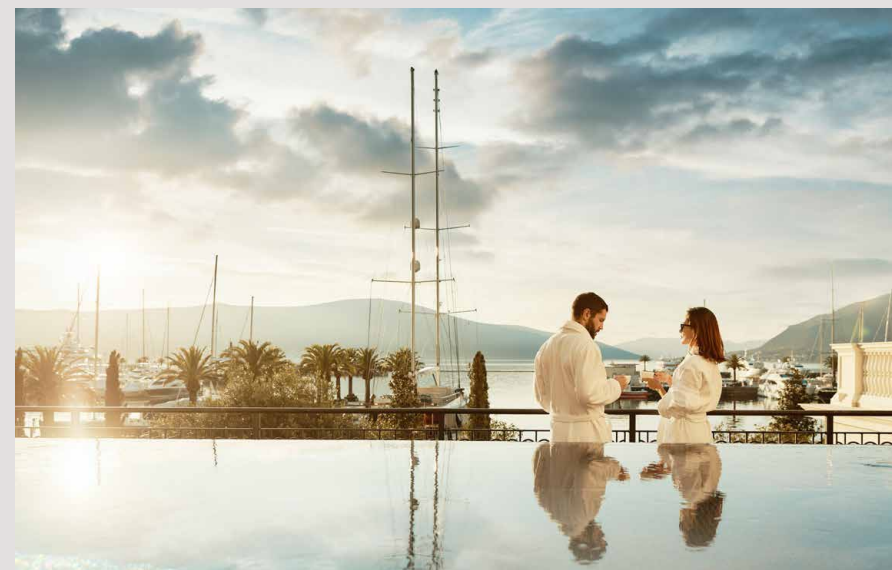
## INTENSIVE MUSCLE RELEASE

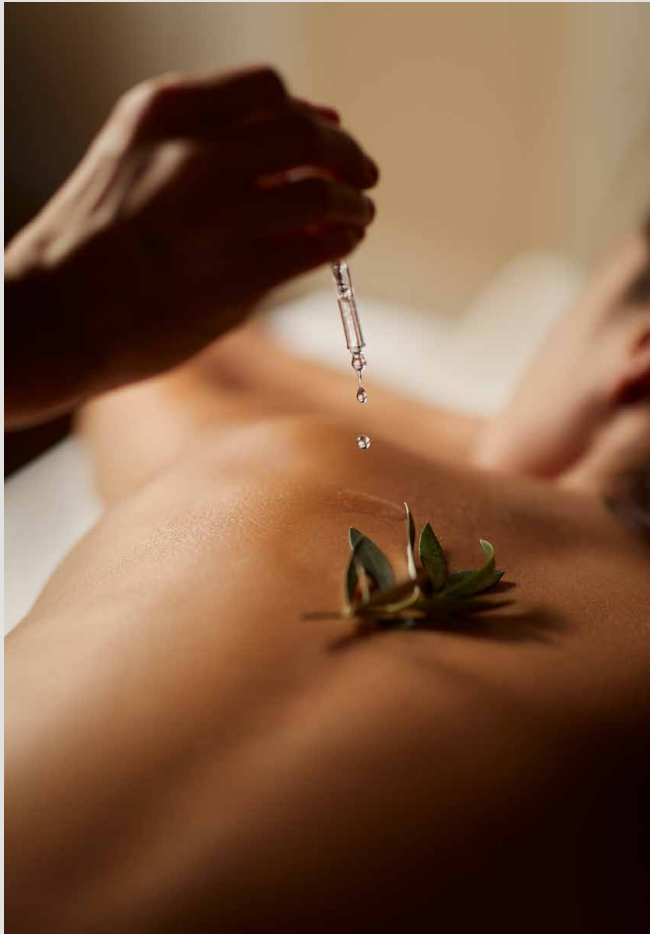
- A deep tissue massage to relieve aching muscles
- Pain and tension releasing

Swedish and cross muscle fiber massage techniques are combined with essential oils for circulation – including warming black pepper, rosemary and ginger, to disperse the build-up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

60min: € 75,-

90min: € 100,-





### PERFECT BACK

- A deep cleansing back treatment
- Encourages the elimination of toxins
- Balances the production of the skin's own natural oils

Orange flower water calms irritated skin, gently toning and regulating the production of natural oils. A smoothing corn cob and jojoba scrub followed by a freshwater mud mask draws out impurities and softens the skin. A foot pressure point massage will help detoxify the entire system.

30min: € 50,-

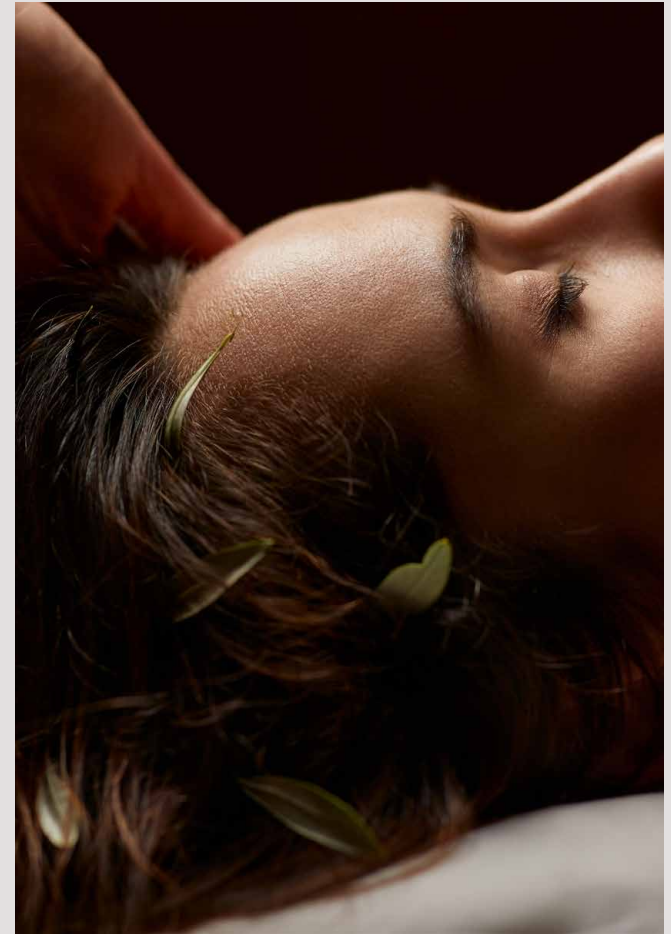


### INSTANT EYE REPAIR

- A rejuvenating treatment for fresh, bright and youthful eyes

Specialized massage techniques improve micro-circulation and drainage and reduce puffiness. Herbal extracts of toning black tea, cranberry and strawberry delicately firm the skin and work on dark circles and fine lines. Rose wax and shea butter nourish the skin and help it stay hydrated and soft.

30min: € 40,-



### INTENSELY NOURISHING HAIR TREATMENT

- Conditions the scalp
- Restores health and shine to dull lifeless hair
- Stills the mind

An enriching treatment harnessing pure essential oils rosemary, geranium, ylang ylang, patchouli and coconut oil, to encourage circulation and balance sebaceous activity, to promote healthy, conditioned hair.

30min: € 25,-



## DETOX & REVIVE

- A relaxing all over exfoliation and layering of richly nourishing products
- The skin is left looking and feeling radiant and smooth

Sweet zesty pink grapefruit, fresh rosemary and rich, woody juniper berry combine for a strengthening, detoxifying effect. Exfoliation with finely ground olive grains refines the pores.

30min: € 45,-

## SCRUB & WRAP

- Leaves skin radiant, soft and smooth
- Brightens and lifts the spirits

A gentle olive grain exfoliation is followed by a freshwater mud wrap to firm and tone the skin. A moisturizing, softening mix of oil and cream with evening primrose oil and shea butter is smoothed and left to sink in with the body's own heat under a wrap. An Ayurvedic scalp massage dissolves tension and stress. Mind and body are nourished and renewed.

60min: € 75,-





### ESSENTIAL ROSE FACIAL

- Boosts circulation to promote cell renewal and regeneration
- Nourishes, softens and hydrates all skin types

The calming scent of frankincense is used to relax the mind whilst the skin is thoroughly cleansed, exfoliated and toned using rose infused oils. A traditional aromatherapy facial massage follows, using drainage techniques to eliminate toxins and special pressure points to ease facial tension. Finally, a hydrating facial mask replenishes the skin. This treatment also includes a scalp massage and hand and arm massage for complete care.

60min: € 70,-  
90min: € 100,-

### SOOTHING FACIAL

- Soothing, nourishing facial
- Restores and balances the skin

A soothing, calming facial suitable for irritated or inflamed skin. Helps reduce redness, nourishes, soothes and restores balance and radiance. Includes a half hour relaxing back massage.

60min: € 75,-  
90min: € 100,-

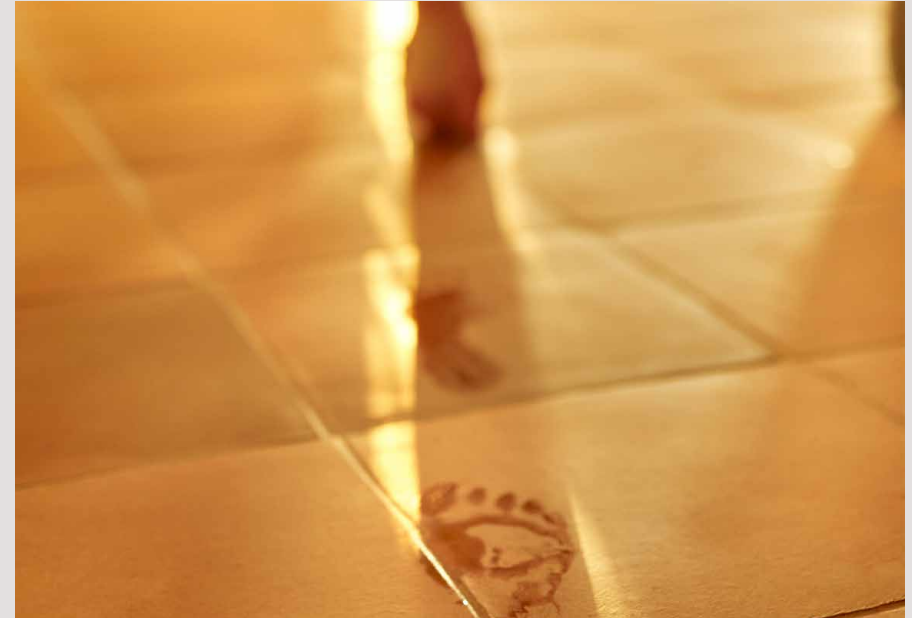


### AGE REPAIR FACIAL

- A more youthful looking complexion
- Firming and plumping

After cleansing and exfoliating with jojoba beads or corncob granules, the skin is massaged using apple seed extract, raspberry seed oil and date palm oil, for cell renewal and anti-oxidising. Two masks are applied, a rose gel to hydrate, and a strawberry seed and frankincense mask to firm and plump. The eye area is given a lymphatic massage to improve skin suppleness and elasticity and a scalp massage releases stress and tension.

60min: € 80,-  
90min: € 110,-



### ROSE HYDRATING FOOT TREATMENT

- A combination of restorative oils nourishes rough, tired, dry feet
- Feet are left feeling, soft smooth and comfortable

Feet and lower legs are brushed, soaked and exfoliated with a scrub of ground olive pips. Heels are softened with rich natural oils. After a hydrating rose gel wrap, layers of deeply nourishing oils and creams are massaged into the skin.

30min: € 45,-

40min: € 55,-

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### TIRED HANDS

- Stimulating and invigorating essential oils refresh and support tired hands

Spicy, rich black pepper and fresh, green rosemary stimulates circulation while warming ginger lends an energizing effect. The hands and lower arms are immersed in a warm, aromatic soak then treated to a refining olive grain scrub. A tension relieving gel is applied to the hands and arms and wrapped to allow the oils to sink in. The treatment is completed with a massage of specially nourishing oil and lotion.

30min: € 45,-





## ULTIMATE ROSE PREGNANCY MASSAGE

- Nurturing and support in a time of change

Using a selection of three oils each safely formulated to be used during pregnancy to nourish and care for the skin, while traditional aromatherapy pressure point massage for the upper back and tight shoulders helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this experience.

60min: € 70,-



## REVIVE & TONE TIME

- Revive the body
- Nourish the skin
- Reset the mind

The complete, full body detox with five key treatment stages. Begins with dry body brushing followed by a stimulating exfoliation using a fusion of sea salt and green coffee oil to slough away dead skin cells. A freshwater mud mask & wrap brightens and refines the skin while tension is diffused with a scalp or foot reflex massage. Following this a deeply invigorating massage works to brighten and tone legs. This advanced treatment is completed by coating the skin with 3 stage regime packed with high powered essential oils.

30min: € 50,-

60min: € 75,-

*Features body brushing, mud wrap, leg massage, choose from an accompanying scalp or foot reflex massage*

90min: € 100,-

*Features body brushing, full body exfoliation, body mask & wrap, leg massage and choice of accompanying scalp or foot reflex massage*



### BACK, NECK & SHOULDERS MASSAGE

- An intense back, neck and shoulder massage relieves pain and tension

Back massage with stretching, using essential oils known for their beneficial effects on circulation. Black pepper, rosemary and ginger warm the muscles and help spread lactic acid buildup that causes stiffness and pain.

40min: € 65,-

### RELAXING HAND & FOOT MASSAGE

- Refreshes tired and aching feet and hands after a long day at work
- Essential oils stimulate and strengthen

Rich black pepper and fresh green rosemary stimulate circulation, while heating ginger gives an energizing effect. Hands and feet are immersed in a warm, aromatic soak, and then treated with a refined peeling of olive grains. Then a gel is applied to relieve tension. The treatment is completed with the massage, using a particularly nourishing oil and lotion.

40min: € 60,-

### IT'S TIME FOR (ME)N

- A head to toe treatment
- A combined body and facial massage
- Restful and restorative

A blend of chamomile, petit grain and rosemary calms the mind, whilst an Ayurvedic scalp and facial massage relieves anxiety and emotional exhaustion. The treatment is completed with peeling that will cleanse the hands and repair damaged cuticles, nails are trimmed and polished to perfection.

120min: € 140,-



### FACIALS FOR YOUNG SKIN

Facial treatments are very beneficial for teenage skin, for cleansing, toning and moisturizing and for promoting a good skin care routine. Rose oil stimulates circulation, keeping the complexion looking and feeling youthful and radiant.

30min: € 50,-

### TEENAGE BODY MASSAGE

Our Teenage body balance massage pampers young skin with nourishing, natural oils. The floral explosion of rose essential oils lifts the spirits and wakes the senses – so that worries about exams and other daily cares are lightened.

40min: € 60,-

### MINI MANICURE AND PEDICURE

Manicures and pedicures are the perfect beauty treatments for teenagers to show off a new colour and creativity.

40min: € 30,-





### HANDS & FEET

- File & Polish: € 10,-
- Mini Manicure/Pedicure: € 15,-
- Standard Manicure: € 20,-
- Luxury Hot Paraffin Manicure: € 30,-
- Luxury Pedicure with Heated Booties: € 30,-

### GEL OR SHELLAC MANICURE/PEDICURE

- File & Polish with Shellac: € 15,-
- Colour: € 30,-
- French: € 35,-

### ADDITIONAL

- Single Shellac Repair: € 3,-
- Shellac Removal: € 10,-  
*(free of charge if renewed)*

## AGE REQUIREMENTS

Spa guests must be 18 years of age to receive the treatment. Children are permitted to the Spa area under constant supervision of the parent, legal guardian or a chaperon with the written permission. Further terms and conditions apply. Spa treatments can be done for children at age 14 and above with the consent of the child and written permission by the parent. Children under 14 years old are not permitted to use the Indoor pool between 18:00 – 21:00.

## QUIET ENVIRONMENT

As a courtesy to other guests, please maintain a quiet environment at all time inside Regent Spa area. Cell phones and other electronic items must be turned off when entering the spa.

## ATTIRE

All Spa users must be appropriately dressed inclusive of appropriate footwear advised by or given by the Regent Spa.

## SMOKING

Smoking is not permitted anywhere inside the facility, including the entrance.

## LOSS OF ITEMS

We kindly advise you to take care and use lockers for your personal items. Regent Porto Montenegro is not responsible for lost, damaged or stolen personal belongings.

## CANCELATION & NO SHOW

If you wish to cancel your treatment, we kindly request you to contact us at least four hours prior to the treatment time. Cancellation during the four hours will be automatically charged 100% at the treatment rate. For no shows, a 100% of total treatment rate shall be chargeable. Last minute changes to appointments will be honoured only if the service time is available and other guests are not inconvenienced.

## LATE ARRIVAL

Please arrive at least 30 minutes prior your appointment to allow ample time to check in and prepare for your treatment and or usage of the facilities. Any delay to the treatment start time will not guaranty a full duration of the treatment.

## GROUP RESERVATIONS

Please let us know if we can help arrange any bookings for six people or more.

A credit card guarantee and 48-hour cancellation notice will be required.

We are able to provide bespoke treatments and programmes to complement your event.

Please speak to our Spa Manger for more details.

## GIFT CERTIFICATES

Perhaps you know someone who deserves that feeling of ultimate well-being. We would be happy to arrange some beautifully packaged products or personalised gift vouchers and send them on your behalf.

