

## SAYANNA ACTIVE ESCAPE

Practicing exercise is vital to your well-being.  
Stay in shape and learn to appreciate a healthier lifestyle.

### PACKAGE INCLUSIONS

#### ACTIVE ESCAPE PROGRAM

- 1 Fitness Evaluation (before the training)
- 6h of Varied Training Sessions
- 1 Treatment (Kaori or Deep Kincho)

#### TREATMENT DESCRIPTION

- Kaori - This massage combines free and continuous movements with a technique for muscle relaxation techniques, promoting total serenity and unparalleled well-being.
- Deep Kincho - Ideal for those who suffer from muscular tension, this massage uses deep movements, which help to relax and reduce the tension from your biggest pressure points.

#### FREE ACCESS TO EPIC VITAL GROUP ACTIVITIES

#### FREE ACCESS TO THE SPA FACILITIES

#### 15% DISCOUNT IN RITUALS AND WELL-BEING TREATMENTS FROM THE SAYANNA WELLNESS SPA



PROGRAM COST – 425€

#### BOOKING CONDITIONS

- All above mentioned rates are per person with taxes included.
- Package always on request. Excluded period 25<sup>th</sup> November 2018 to 25<sup>th</sup> December 2018 inclusive.
- The Hotel has the right to cancel and/or change this package without previous notice.
- The schedule of the sessions will be defined by the trainer and according to the clients' check-in and check-out times.
- The sessions are not individual, they may be shared with other guests on the same programme.
- Minimum stay required: 3 Nights to benefit from the present conditions.

#### 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.



## ADDITIONAL SUGGESTIONS

- Nutrition Evaluation - 75,00 € per session/per person
- Meal Plan - 120,00 € per day/per person\* (5 meals per day – breakfast, midmorning snack, lunch, afternoon snack and dinner)
- Yoga Session (90' min) - 55,00 € per session/per person
- Fitness Evaluation (after the training) – 35,00 € per session/per person
- 1h Training Session - 65,00 € per session/per person
- Lymphatic Drainage - Please check the spa menu
- Moisturising Treatment - Please check the spa menu
- Osteopathy Treatment - Please check the spa menu
- Reflex Ashi Treatment - Please check the spa menu
- Hot Stone Treatment - Please check the spa menu

\* When booking a Meal Plan the Nutrition Evaluation is compulsory. All the above suggested extras are public rates.

## SAYANNA WELLNESS ESSENCE AND PHILOSOPHY

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

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

**Well-being is our essence. Our philosophy is to create memorable wellness experiences for our guests. Serenity and harmony are the key to inner happiness.**

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 m<sup>2</sup>, the SPA welcomes you in your search for well-being of mind and body. It includes 9 treatment rooms, including a Vichy Shower, an outdoor pavilion for couples with garden, 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.



## SAYANNA YOGA ESCAPE

Learn to enjoy the present moment and find a new meaning for your life.  
Discover how to have a happier and healthier life.

### PACKAGE INCLUSIONS

#### YOGA ESCAPE PROGRAM

- 4 Yoga Sessions (90' min each)
- 1 Treatment ( Kaori or Deep Kincho)

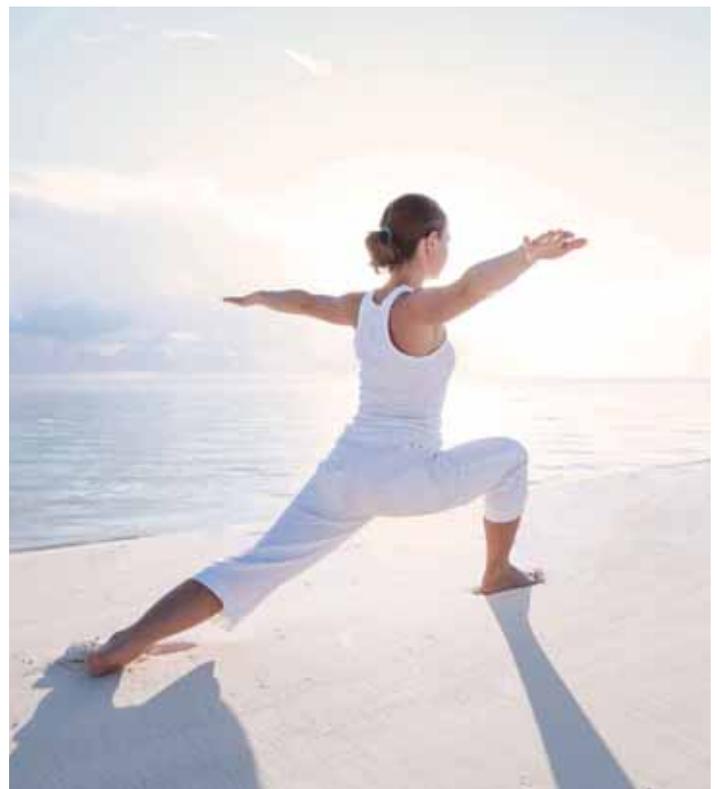
#### TREATMENT DESCRIPTION

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- Deep Kincho - Ideal for those who suffer from muscular tension, this massage uses deep movements, which help to relax and reduce the tension from your biggest pressure points.

#### FREE ACCESS TO EPIC VITAL GROUP ACTIVITIES

#### FREE ACCESS TO THE SPA FACILITIES

#### 15% DISCOUNT IN RITUALS AND WELL-BEING TREATMENTS FROM THE SAYANNA WELLNESS SPA



PROGRAM COST — 315€

#### BOOKING CONDITIONS

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- The schedule of the sessions will be defined by the trainer and according to the clients' check-in and check-out times.
- The sessions are not individual, they may be shared with other guests on the same programme.
- Minimum stay required: 3 Nights to benefit from the present conditions.

#### CANCELLATION POLICIES

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

- Nutrition Evaluation - 75,00 € per session/per person
- Meal Plan - 120,00 € per day/per person\* (5 meals per day – breakfast, midmorning snack, lunch, afternoon snack and dinner)
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- Lymphatic Drainage - Please check the spa menu
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- Osteopathy Treatment - Please check the spa menu
- Reflex Ashi Treatment - Please check the spa menu
- Hot Stone Treatment - Please check the spa menu

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## SAYANNA WELLNESS SPA

With around 1,500 m<sup>2</sup>, the SPA welcomes you in your search for well-being of mind and body. It includes 9 treatment rooms, including a Vichy Shower, an outdoor pavilion for couples with garden, 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.



### Schedule

Fitness Centre – 24 hours | SPA – 10:00 am to 08:00 pm

### Information and reservations

Tel. 289 104 399 | Fax. 289 104 301 | e-mail: rsv.algarve@epic.sanahotels.com

## SAYANNA YOGA RETREAT

Weight loss, strong and flexible body, glowing beautiful skin, peaceful mind,  
 good health – whatever you may be looking for, yoga has it on offer.

### PACKAGE INCLUSIONS

#### 5 NIGHTS ACCOMMODATION – DELUXE ROOM RESORT VIEW

- Free upgrade to superior category room (upon availability)
- Vip treatment in room upon arrival
- Personalized Wellness Assistance
- Buffet Breakfast
- Early check-in / late check-out (upon availability)
- Free Wi-Fi in rooms and public areas



#### FREE ACCESS TO EPIC VITAL GROUP ACTIVITIES

#### FREE ACCESS TO THE SPA FACILITIES

- Indoor Heated Pool, Gym, Relaxation Pool,, Sauna, Turkish Bath

#### SAYANNA YOGA RETREAT

- 6 x Yoga Lessons (90 min each)
- 1 x Meditation Workshop (120 min)
- 1 x Breath Workshop (120m)
- 1 x Kaori Massage
- 1 x Deep Kincho



#### 15% DISCOUNT IN RITUALS AND WELL-BEING TREATMENTS FROM THE SAYANNA WELLNESS SPA

#### RETURN AIRPORT TRANSFERS (FARO)



SEASON	SINGLE DELUXE ROOM RESORT VIEW	DOUBLE DELUXE ROOM RESORT VIEW
01 November 2018 to 28 March 2019	€ 1369.00	€ 1116.00
29 March to 31 May   October 2019	€ 1750.00	€ 1313.00
June   16 to 30 September 2019	€ 1969.00	€ 1422.00
01 to 15 July   01 to 15 September 2019	€ 2282.00	€ 1579.00
16 July to 31 August 2019	€ 2907.00	€ 1891.00

Other accommodation options available.  
 Special price for accompanying guest - not in Wellness program

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## PROGRAMME

### 6 X YOGA SESSIONS

The practice of Yoga provides physical, mental and spiritual benefits. Sessions can be in group depending on the number of programs reserved.

### 1 X KAORI RELAX MASSAGE (50')

Combines free and continuous movements with muscle relaxation techniques, promoting total serenity and unmatched comfort.

### 1 X DEEP KINCHO (50')

Ideal for those who suffer from muscle tension, this massage uses deep movements, which help relax and reduce the points of greatest tension.

### 2 X WORKSHOPS

1 meditation workshop and 1 breathing workshop of 120 minutes each.

### OUR SUGGESTION

Add a SAYANNA RELAXING MASSAGE

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## SAYANNA WELLNESS SPA

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## SAYANNA MINDFULNESS RETREAT

Take some days off to find deeper meaning in life, empower your focus and generate greater physical and mental energy. Embark on a journey towards a happier and healthier life!

### PACKAGE INCLUSIONS

#### 5 NIGHTS ACCOMMODATION – DELUXE ROOM RESORT VIEW

- Free upgrade to superior category room (upon availability)
- Vip treatment in room upon arrival
- Personalized Wellness Assistance
- Buffet Breakfast
- Early check-in / late check-out (upon availability)
- Free Wi-Fi in rooms and public areas



#### FREE ACCESS TO EPIC VITAL GROUP ACTIVITIES

#### FREE ACCESS TO THE SPA FACILITIES

- Indoor Heated Pool, Gym, Relaxation Pool, Sauna, Turkish Bath

#### MINDFULNESS PROGRAMME

- 4 x Mindfulness Sessions (2h/day)
  - Introduction to Mindfulness, Mindful Eating, Body Scan, Mindfulness of Breath, Sensations, Sound and Thoughts, Emotions, Mindful Movement, Mindful Communication
  - Integrating Mindfulness into Everyday Life
- 1 x Reflexology Massage (45')
- 1 x Sayanna Massage (90')



#### 15% DISCOUNT IN RITUALS AND WELL-BEING TREATMENTS FROM THE SAYANNA WELLNESS SPA

#### RETURN AIRPORT TRANSFERS (FARO)



SEASON	SINGLE DELUXE ROOM RESORT VIEW	DOUBLE DELUXE ROOM RESORT VIEW
01 November 2018 to 28 March 2019	€ 1994.00	€ 1741.00
29 March to 31 May   October 2019	€ 2375.00	€ 1938.00
June   16 to 30 September 2019	€ 2594.00	€ 2047.00
01 to 15 July   01 to 15 September 2019	€ 2907.00	€ 2204.00
16 July to 31 August 2019	€ 3532.00	€ 2516.00

Other accommodation options available.  
Special price for accompanying guest - not in Wellness program.

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## PROGRAMME

### DAY 1

- Welcome and Mindfulness Introduction
- Mindfulness of Breath (meditation session)
- Mindful Eating
- Body Scan (meditation session)
- Morning Resume

- Reflexology Massage (45')

### DAY 2

- Mindfulness of Breath and Sound
- Mindfulness of Walking
- Emotions
- Body Scan
- Morning Resume

### DAY 3

- Mindfulness of Breath, Sensations, Sound and Thoughts
- Mindful Communication
- Mindful Movement
- Morning Resume

### DAY 4

- Mindful Movement
- Mindfulness of Breath
- Integrating Mindfulness into everyday life (goal reflection)
- Sayanna Massage (90')  
Combines different techniques of deep massage with long movements and acupressure; the power of aromatherapy combined with the penetrating heat of hot basalt stones.

## OUR SUGGESTION

Add a YOGA SESSION

## SAYANNA WELLNESS ESSENCE AND PHILOSOPHY

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## SAYANNA WELLNESS SPA

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## 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.

### PACKAGE 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
- Early check-in / late check-out (upon availability)
- Free Wi-Fi in rooms and public areas



#### FULL BOARD

- Breakfast, lunch and dinner
- 2 juices per day

#### FREE ACCESS TO EPIC VITAL GROUP ACTIVITIES

#### FREE ACCESS TO THE SPA FACILITIES

- Indoor Heated Pool, Gym, Relaxation Pool,, Sauna, Turkish Bath



#### SAYANNA DE-STRESS

- 1 x Mindfulness session
- 2 x Meditation Classes
- 1 x Shiatsu Massage
- 1 x Reflexology Treatment
- 1 x Kaori Massage
- 1 x Sayanna Massage
- 1 x Osteopathic Evaluation

#### 15% DISCOUNT IN RITUALS AND WELL-BEING TREATMENTS FROM THE SAYANNA WELLNESS SPA

#### RETURN AIRPORT TRANSFERS (FARO)



SEASON	SINGLE DELUXE ROOM RESORT VIEW	DOUBLE DELUXE ROOM RESORT VIEW
01 November 2018 to 28 March 2019	€ 2710.00	€ 2356.00
29 March to 31 May   October 2019	€ 3244.00	€ 2632.00
June   16 to 30 September 2019	€ 3550.00	€ 2785.00
01 to 15 July   01 to 15 September 2019	€ 3988.00	€ 3004.00
16 July to 31 August 2019	€ 4863.00	€ 3441.00

Other accommodation options available.  
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## PROGRAMME

### 1 X MINDFULNESS SESSION

The practice of mindfulness and the ability to be present

### 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

Combines free and continuous movements with muscle relaxation techniques, promoting total serenity and unmatched comfort.

### 1 X SAYANNA MASSAGE

This signature massage combines different techniques of deep massage with long movements and acupressure; the power of aromatherapy combined with the penetrating heat of hot basalt stones

### 1 X OSTHEOPATHIC EVALUATION

Identifies and removes blockages allowing the body to rebalance

## OUR SUGGESTION

Add a SAYANNA RELAXING MASSAGE

## SAYANNA WELLNESS ESSENCE AND PHILOSOPHY

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

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## SAYANNA WELLNESS SPA

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## SAYANNA BODY & SOUL DETOX

Cleansing your body is the first step to improve your health, increase vitality, and restore body and mind balance. Feel lighter and refreshed, with a burst of new energy, ready for the next step in life.

### PACKAGE 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
- Early check-in / late check-out (upon availability)
- Free Wi-Fi in rooms and public areas



#### HEALTHY MEAL PLAN

- Breakfast, lunch and dinner
- 2 Healthy fresh juices per day

#### FREE ACCESS TO EPIC VITAL GROUP ACTIVITIES

#### FREE ACCESS TO THE SPA FACILITIES

- Indoor Heated Pool, Gym, Relaxation Pool, Sauna, Turkish Bath



#### SAYANNA BODY & SOUL DETOX

- 1 x Nutrition Evaluation
- 1 x Kaori Massage
- 1 x Moisturising Treatment
- 2 x Lymphatic Drainage
- 1 x Reflexology Treatment
- 1 x Meditation Session

#### 15% DISCOUNT IN RITUALS AND WELL-BEING TREATMENTS FROM THE SAYANNA WELLNESS SPA

#### RETURN AIRPORT TRANSFERS (FARO)



SEASON	SINGLE DELUXE ROOM RESORT VIEW	DOUBLE DELUXE ROOM RESORT VIEW
01 November 2018 to 28 March 2019	€ 2479.00	€ 2125.00
29 March to 31 May   October 2019	€ 3013.00	€ 2400.00
June   16 to 30 September 2019	€ 3319.00	€ 2554.00
01 to 15 July   01 to 15 September 2019	€ 3757.00	€ 2772.00
16 July to 31 August 2019	€ 4632.00	€ 3210.00

Other accommodation options available.  
Special price for accompanying guest - not in Wellness program.

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## PROGRAMME

### 1 X NUTRITION EVALUATION (INITIAL)

Nutrition assessment with an expert.

### 1 X KAORI RELAX MASSAGE

Combines free and continuous movements with muscle relaxation techniques, promoting total serenity and unmatched comfort.

### 1 X MOISTURISING TREATMENT

We aim to mitigate and prevent skin ageing, by deep moisturising.

### 2 X LYMPHATIC DRAINAGE

Increase volume of lymph flow improving systems ability to remove toxins.

### 1 X REFLEXOLOGY TREATMENT

Known as digital acupuncture, through the pressure points you can feel immediate relaxing effects.

### 1 X MEDITATION SESSION

Meditation benefits your body, mind and spirit and reduces stress levels.

## OUR SUGGESTION

Add a **DETOXIFYING SAYANNA MASSAGE**

## SAYANNA WELLNESS ESSENCE AND PHILOSOPHY

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## SAYANNA RESHAPE

Physical exercise combined with a balanced diet is the key to a healthier life. Choose the program according to one of two goals: weight loss or improvement of physical condition.

### PACKAGE 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
- Early check-in / late check-out (upon availability)
- Free Wi-Fi in rooms and public areas

#### WELLNESS MEAL PLAN

- Breakfast, mid morning snack, lunch, afternoon snack and dinner

#### FREE ACCESS TO EPIC VITAL GROUP ACTIVITIES

#### FREE ACCESS TO THE SPA FACILITIES

- Indoor Heated Pool, Gym, Relaxation Pool, Sauna, Turkish Bath

#### SAYANNA RESHAPE

- 18 Fitness Hours
- 1 x Nutrition Evaluation
- 2 x Fitness Assessments
- 2 x Wellness Workshops
- **OBJECTIVE: WEIGHT LOSS**  
4 Transdermal Mesotherapy Sessions, 1 Lymphatic Drainage and 1 Modeling Massage
- OR
- **OBJECTIVE: IMPROVEMENT OF THE PHYSICAL CONDITION**  
1 Kaori Massage, 2 Reshape Massages, 1 Hotto Stone Massage and 1 Stretching Session

#### 15% DISCOUNT IN RITUALS AND WELL-BEING TREATMENTS FROM THE SAYANNA WELLNESS SPA

#### LAUNDRY SERVICE FOR SPORTS EQUIPMENT

#### RETURN AIRPORT TRANSFERS (FARO)



SEASON	SINGLE DELUXE ROOM RESORT VIEW	DOUBLE DELUXE ROOM RESORT VIEW
01 November 2018 to 28 March 2019	€ 3492.00	€ 3137.00
29 March to 31 May   October 2019	€ 4025.00	€ 3413.00
June   16 to 30 September 2019	€ 4332.00	€ 3566.00
01 to 15 July   01 to 15 September 2019	€ 4769.00	€ 3785.00
16 July to 31 August 2019	€ 5644.00	€ 4222.00

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## PROGRAMME

### 18 FITNESS HOURS

The training sessions are customized according to the result of the physical evaluation. Sessions can be in group depending on the number of programs reserved.

### 1 X NUTRITION EVALUATION

Nutritional assessment with specialist.

### 2 X FITNESS ASSESSMENTS

Initial and final. Measurements that help determine physical fitness.

### 2 X WELLNESS WORKSHOPS

Learn about functional workout and balanced nutrition.

1 Fitness workshop and 1 nutrition workshop.

### OBJECTIVE: WEIGHT LOSS

#### 4 TRANSDERMAL MESOTHERAPY SESSIONS

Reshape your body with a needle free therapy to treat cellulite and resistant fat.

#### 1 MODELING MASSAGE

Massage that activates blood circulation and helps to shape the body. It is a complement to the Transdermal Mesotherapy treatment.

### 1 LYMPHATIC DRAINAGE

With very light and delicate movements we will stimulate the lymphatic circulation and elimination of toxins.

OR

### OBJECTIVE: IMPROVEMENT OF THE PHYSICAL CONDITION

#### 1 KAORI MASSAGE

This massage combines free and continuous movements with muscle relaxation techniques, promoting total serenity and unmatched comfort.

#### 2 RESHAPE MASSAGES

Personalized massage adapted to the needs of each client so it relieves muscular tension.

#### 1 HOTTO STONE MASSAGE

When heated and placed on the chakras, basalt stones convey a sense of relaxation with their slow, deep movements. This relieves any muscle tension.

#### 1 STRETCHING SESSION

Stretching workout to balance the body and develop flexibility. It also helps to reduce muscle tension.

### OUR SUGGESTION

Weight Loss: **ADD MESOTHERAPY SESSIONS**

Improve physical conditions: **ADD MORE TRAINING HOURS**

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