

TEMPUS

TIMELESS INSPIRATION

LUXURY LEADERS

Meet the women powering Britain's favourite brands



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MOMENTS OF *serenity*

If you're feeling frazzled, Portugal's Serenity - The Art of Well Being could be the solution you've been searching for

Words: Joanna Perfect



We all know how important it is to take time out to relax and recharge, but too often, actually putting this into practice is easier said than done. Step forward Serenity - The Art of Well Being, Portugal's leading wellness spa that's enticing a new wave of high net worth clientele in pursuit of rebalance.

Situated in coastal Albufeira, right above the Falesia Cliffs of the Algarve, the brand has a pair of outlets within two of the region's hotels, Sheraton Cascais Resort and Pine Cliffs, a Luxury Collection Resort, Algarve - with the latter boasting 13 generous treatment rooms as well as couple's suite, the Aurum Suite. Established in 2015, the brand has become known for its bespoke, tailored approach for each of its guests. With all of the fundamentals you'd expect from a luxury spa - such as a jacuzzi, pool and steam room - the Thermal Oasis spa also offers appealing additional extras such as sauna with Himalayan rock salt, indoor hydrotherapy pool and Hammam.

It's no wonder the brand is so highly regarded within the wellness world. Its position as country's best spa was cemented at the 2018 World Luxury Spa Awards where the brand won Best Luxury Destination Spa in Portugal and Best Luxury Wellness Spa in Europe.

Upon arrival at Pine Cliff's Serenity spa, visitors can hand-pick from a host of holistic experience programmes designed to restore a welcome sense of calm. The 'digital detox' package, encouraging you to "put your phone in a sleeping

bag" and reconnect with your inner self through beach workouts, pilates and massage is a popular choice among exhausted city dwellers, while others packages are devoted to fitness, internal harmonisation and the awakening of senses.

The products used to perform the rejuvenating therapies are further evidence of Serenity's commitment to offering their guests the best. Each treatment includes a combination of high-end brands - such as The Organic Pharmacy, Sensai and Margaret Dabbs - as well as ingredients unique to the Algarve such as sea salt and sand from Falesia Beach and local Algarvian orange essential oils.

With the need for a detox - both digital and mental - suitably overdue, Tempus travelled to Pine Cliffs Resort to try out its 'Senses of the Algarve' signature massage. The moment you step foot inside the spa, an enchanting scent of essential oils engulfs you, instantly relieving jet lag and setting the tone for a pleasant experience ahead. The staff are warm, welcoming and full of hospitality, setting me down with a cold drink before escorting me to a private cubicle to change into a warm, fluffy bath robe.

My treatment started with a full body scrub of fleur de sel (sea salt) from the Algarve's Ria Formosa lagoon and sand from the nearby Praia da Falésia beach. This fusion is designed to purify and prep the skin for the carob body wrap, a full-body mask containing extracts from the carob tree with the consistency of chocolate milk. A plastic sheet wrap was then applied to prevent the »



The spa uses local ingredients such as sea salt and extracts from the carob tree

mask from drying out while I was left to relax for 30 minutes and listen to a calming soundtrack of instrumental music. The treatment was finished off with a massage using essential orange oil from the Algarve, designed to enhance the power of the wrap. I emerged from the spa feeling more relaxed than I'd been in months.

Outside of its spa, Pine Cliffs Resort has renovation on the horizon, starting with the transformation of its dining menus. Resident nutritionist Céline Fernandes will collaborate with executive chef Stuart Sage and spa and fitness director Maria d'Orey – who will help revise the hotel's popular wellness programmes. In addition, she will host personalised nutrition classes and health-focused workshops for both guests and locals.

This unrivalled guest experience is mirrored at Serenity Spa's second outlet within the Sheraton Cascais Resort. Here, guests can enjoy a refined menu selection of its sister spa's treatments, such as the hot stone massages, slimming massages and facial therapies, along with a new addition. Exclusive to this site is the golfer's massage, curated for players exhausted from a long day on the course. The treatment uses warmed golf balls and stretching techniques to relieve tight muscles and swing-related stiffness – a must for any fan of the sport.

With two excellent spas and a menu of treatments tailored to those in need of true rest and relaxation, Serenity – The Art of Well Being, gives visitors to Portugal more than enough reason to put down the phone and recharge the body instead. 📵

serenity-spa.com

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Right: Serenity Spa at Sheraton Cascais Resort.
Right page and below: Serenity Spa at Pine Cliffs Resort

