

THE OITAVOS

'Atlantic Pure Heaven at The Oitavos'
Five star hotel, opening September 2010



July 2010: Capture the beauty of the Atlantic with the three day 'Atlantic Pure Heaven' experience at The Oitavos, the new five-star luxury hotel and spa in Portugal, launching September 2010.

Be cleansed and rejuvenated with the 'Atlantic Pure Heaven' three night package, complete with Yoga and Tai Chi lessons to energise the body and two VOYA spa treatments to unwind. Guests can enjoy the sleek contemporary luxury of a double superior room, a generous breakfast each day and two detoxifying healthy lunches at the Spa restaurant.

The destination spa will provide a completely natural well-being approach combining seawater therapy with a host of organic and ocean-inspired beauty and health treatments from sea salt exfoliations and scrubs to seaweed and algae wraps. Taking inspiration from the ocean outside and the energy and drama of Portugal's Atlantic coast, The Oitavos spa will exclusively use the

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organic spa brand, Voya. Mirroring the approach of the hotel, the philosophy behind Voya is to create exceptional beauty and skincare treatments with integrity and in full harmony with nature.



Located just 20 minutes west of Lisbon, the hotel is set within the Sintra Cascais National Park with far reaching views over the West Atlantic coastline. The spa will offer a uniquely contemporary spa experience with 10 treatment rooms, an indoor and outdoor seawater pool, plus a sauna, steam room and Jacuzzi. In addition a dedicated 'spa garden' will be developed offering guests the chance to practice yoga in a private cabana.

In contrast to the shadowy environs of traditional spas, the panoramic windows and elegant simplicity of this new spa allows light to cascade throughout, blurring the boundary between inside and out, creating an inspirational and energising environment which will cleanse the body and soothe the mind.

The 'Atlantic Pure Heaven Package' starts at €1,370 per room including:

Three night stay in double superior room

Yoga lesson

Tai Chi lesson

Two spa treatments

Daily buffet breakfast

Two healthy lunches at the Spa restaurant.

- Ends -

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Notes to the Editor:

Opening on 1st September 2010, The Oitavos is a new five star luxury hotel in Portugal. Located just 20 minutes west of Lisbon and the airport, over-looking the West Atlantic coastline, the contemporary designed hotel is set within the Sintra Cascais National Park. Designed with sleek lines and elegantly simple interiors the hotel embraces rather than competes with its natural surroundings. The ultimate destination hotel for both leisure and business travellers the hotel offers numerous dining experiences, a full service destination spa and conference facilities. Set within the Quinta da Marinha *Original* estate, the exceptional sporting resort boasts a leading equestrian centre, health and racket club and the Oitavos Dunes golf course, ranked 88th on GOLF Magazine's 2009 Top 100 Courses in the World.

Travel Information:

Direct flights from UK to Lisbon - Airlines include:

British Airways

TAP

Easy Jet

Prices from £143 return in September.

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