

# NEWS

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## **INTUITION UNLOCKS THE SECRETS OF RELAXATION AT PENHA LONGA HOTEL, SPA & GOLF RESORT**

*Six Senses Mystique Journey instinctively channels tranquility to body and mind*

**Sintra – 11<sup>th</sup> February, 2011** – The Six Senses Spa at Penha Longa Hotel, Spa & Golf Resort has created a unique Mystique Journey designed to instinctively unlock the secrets of life-enriching relaxation.

Guests are invited to enjoy some quiet time by the pool in the spa's oriental garden—the only one of its kind in Portugal—before choosing a mandala card that determines their holistic needs. The cards are illustrated with colourful symbols from Hindu, Buddhist and Sanskrit traditions and guests must choose instinctively which one appeals most. Spa specialists will then determine the holistic ingredients required.

“This intuitive process unlocks what your body needs at that moment perhaps camomile for relaxation or citrus to re-energize,” says spa manager Ana Marques. “In spring and summer you can then pick the flowers fresh from our garden.”

Guests then begin their Mystique Journey in the peaceful, naturally illuminated spa that is housed in a historic 16<sup>th</sup> century building far from the hustle and bustle of the hotel. Relaxation has always played a role here. The garden was used as a place for renaissance ladies to relax when their gentlemen went riding while the nearby labyrinth was a favourite area of contemplation and today is often used for mediation.

Guests start their Mystique Journey with a footbath using freshly picked eucalyptus followed by a thorough body exfoliation using the flower essence determined by their choice of mandala card. After this process there is a full long-stroke body massage using locally pressed olive oil and an orange flower facial that includes chakra balancing and a hot stone back massage. Like the flower essence, the spa products only contain locally sourced ingredients that are 100 per cent natural.

“Our aim has always been to take our guests on a journey that is beyond pampering,” says Marques. “We like them to leave having learned something fresh and with a vivid memory of an energizing experience.”

• For details contact the Six Senses Spa on +351 21 923 96 50 or by email on [mgr-penhalonga-spa@sixsenses.com](mailto:mgr-penhalonga-spa@sixsenses.com)

### **About Mystique Journey**

The Mystique Journey costs 195 Euros and takes two hours, 20 minutes. However, guests are encouraged to arrive early to enjoy a few moments of relaxation. Mystique Journey supports the commitment of Six Senses to SLOW LIFE (sustainable, local, organic, wholesome, learning, inspiring, fun, experiences).

### **About Penha Longa Hotel, Spa & Golf Resort**

The estate of Penha Longa in Portugal, located within a 545-acre/220 hectare National Park on the southern Sintra mountains has been a place of sanctuary for centuries. The Catholic fathers founded their monastery here, finding peace and tranquillity in its setting while the Royal Family came in the summer to find a cool refuge from the heat of nearby Lisbon. Today, the Penha Longa Hotel Spa & Golf Resort retains a calming atmosphere of mystery and meditation. The beautiful resort, encompasses a luxurious hotel, a 14th century former monastery, two spectacular golf courses, a Faldo Academy, a superb Six Senses Spa and a stunning new restaurant by Sergi Arola.

For further details, contact The Ritz-Carlton reservations office in the UK 0800-234-000 and US and Canada 800 542-8680, visit [www.ritzcarlton.com](http://www.ritzcarlton.com) and [www.penhalonga.com/](http://www.penhalonga.com/) or call the hotel directly at +351 21 924 90 11

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