

Amidst the enchanting pathways winding through private gardens and citrus groves rests Alvadora. Years ago, Delos Cooke, original owner of Royal Palms Resort and Spa, embarked on a quest to discover the magic of the Mediterranean. Now, celebrating the revitalizing benefits of the herbs, flowers, oils and minerals indigenous to the region, Alvadora inspires your own journey of self-discovery. Discover the romantic, nurturing essences of the Mediterranean offered in tempting choices to soothe the spirit, rejuvenate the body and enrich the mind. Where sophistication and elegance meet old world charm.

ALVADORA
SPA at ROYAL PALMS



ALVADORA | SIGNATURE CITRUS TREATMENTS

Citrus Grove Facial ~ 90 Minutes

This anti-aging facial is based on the use of products brimming with antioxidants to combat premature aging and provide skin with a healthy glow. Your experience will include a luxurious facial massage, a warming foot treatment, a hydrating hand treatment, a Vitamin C application and an ampoule to take along for continued results.

Citrus Ritual ~ 90 Minutes

The Citrus Ritual begins in Acqua Dolce with an exfoliating body therapy on duo heated stone tables while water gently cascades from above. The outdoor eight-foot waterfall shower provides a final rinse. The Ritual continues in Acqua Giardino, a water garden with an herbal whirlpool bath which provides a relaxing soak with citrus flower essences while overlooking the garden with its romantic fireplace. Then comes a gentle massage with a hydrating Honey and orange blossom lotion. At the conclusion, the therapist finishes with warm compresses for the feet.

Citrus With A Twist Massage ~ 60 or 90 minutes

Combining the sense of smell with touch, this massage uses a variety of essential citrus oils to balance and restore energy.

Orange Blossom Body Buff ~ 60 Minutes

The sweet, uplifting scent of neroli oils will leave you enchanted. Neroli is a naturally balanced moisturizing essential oil from the orange blossom. It helps to restore moisture and supports the skin's renewal process and finishes with an application of rich body lotion and mists of neroli water.

Simply Citrus Manicure ~ 30 Minutes

Simply Citrus Pedicure ~ 30 Minutes

Starts with a citrus soak followed by nail grooming, citrus lotion application and polish.



MASSAGGIO | MASSAGE

Renaissance Massage with Footbath ~ 90 Minutes

This relaxing signature treatment begins with a warm herbal footbath and a soothing cup of tea which will allow you to unwind and thoroughly enjoy your massage experience. A variety of massage techniques will increase circulation and soothe tense muscles.

Classic Massage ~ 30, 60 or 90 Minutes

This treatment uses traditional fluid Swedish-style movements customized to your specific needs. Soreness will be relieved and tension released for an overall sense of well-being.

Aromatherapy Massage ~ 60 or 90 Minutes

Combining the sense of smell with touch, this light massage uses essential oils to balance and restore energy. Your therapist will assist you in a choice of essential oils to create a harmonizing environment for your massage experience.

Reflexology ~ 60 Minutes

Reflexology provides a true systemic relaxation for the entire body. Your session begins with an herbal footbath and everyday stresses are released as your skilled therapist manipulates pressure points in the feet that correspond to specific organs and other parts of the body. Your treatment is complete with the application of a cooling foot balm.

Mare di Concha ~ 60 Minutes

Your journey to complete relaxation begins with hand selected shells from the ocean. A perfect combination of heat and gentle pressure brings relief to tense muscles and sore joints, releases stress and connects you to the peaceful environment of Alvadora.

Lymphatic Massage ~ 60 or 90 Minutes

This massage activates the body's immune system through light, wavelike, repetitive strokes which boost circulation of the lymphatic system and aide the removal of toxins.

Shiatsu Massage – 60 or 90 Minutes

This revitalizing massage utilizes Eastern finger-pressure massage to release muscle tension and reduce fatigue. Please wear loose, comfortable clothing.

Energywork ~ 60 or 90 Minutes

This treatment combines Reiki, Polarity and Reflexology to treat the whole person: Mind, Body & Spirit. The healing principle is used to balance the energy in the body using these modalities to counter the body's reaction to stress, resulting in a feeling of peace, serenity and well-being. Please wear loose, comfortable clothing.

Deep Tissue Massage ~ 60 or 90 Minutes

This treatment is especially beneficial for those who enjoy frequent massage treatments, have tight muscles from sports, or prefer specific deep bodywork.

Quattro de Palma ~ 60 Minutes

This massage is skillfully synchronized by two therapists working together to create soothing, rhythmic movements that will leave you refreshed and energized. This is truly an indulgent massage experience.

Maternity Massage ~ 60 Minutes

This comforting, full-body massage for the mother-to-be is designed to safely soothe aching muscles and ease tension so both you and your baby can relax.

Couple's Massage ~ 60 or 90 Minutes

Experience a luxurious massage together in one of our spa villas. You will both have a dedicated therapist and may choose from any of the massage experiences described above.

In-Room Massage ~ 60 or 90 Minutes

We are happy to send a massage therapist to you if you prefer. Enjoy a classic massage in the solitude of your room or secluded patio.

TERME VIVO | THERAPIES OF WATER

Acqua Dolce Rituals ~ 90 Minutes

Experience the gentle showers of Alvdora's signature treatment Villa. Select from Minerale Ritual or Botanica Ritual. Your experience begins on the custom warmed table as you enjoy the gentle cascading waters during your chosen body therapy. You are surrounded by the warmth of water as you enjoy your bath therapy in Acqua Giardino, Alvdora's private outdoor water garden. A light massage complements your treatment.

Watsu ~ 60 or 90 Minutes

A weightless world of warm water surrounds you as your body relaxes in our private Watsu pool. Floating effortlessly as you are held securely by the nurturing support of your therapist, you will experience a blissful massage and gentle stretch. The rhythm of movement between you and your practitioner allows your body to truly let go and enjoy the spirit of the moment. Your Watsu experience will conclude with an outdoor waterfall shower and relaxation in a private garden. Please wear a bathing suit for this service.

Minerale Bath ~ 30 Minutes

Indulge in the comfort of our specially designed garden tub. The buoyancy of water allows your body to be massaged without pain or discomfort while the nourishing minerals of a European thermal spring restore your body. The bubbling therapeutic waters create a deep sense of calmness.

Offered with the Termale Minerale Exfoliation as the Minerale Ritual

Botanica Bath ~ 30 Minutes

Enhance the relaxing benefits of our specially designed garden tub with the addition of herbal therapy. Your therapist will assist you in the selection of a custom herbal blend for your individual needs. Let the warm water and beautiful aromas transport you to a deeper state of relaxation.

Offered with the Royal Body Polish as the Botanica Ritual

CORPO TERAPIA | BODY THERAPIES

Mediterranean Wrapture ~ 90 Minutes

Utilizing true essences of the Mediterranean, this aromatic experience begins with an exfoliation of dead skin cells using natural olive oil and seed granules and is followed by a wrap in extracts of olive leaf, cilantro, juniper and lavender that calms and moisturizes the skin. Enjoy a gentle scalp massage while cocooned in warmth, and conclude with an application of moisturizing olive leaf and almond oil body lotion.

Termale Minerale Exfoliation ~ 60 Minutes

This unique deep-cleansing body treatment uses minerals from thermal waters and essences of pine, geranium and ylang-ylang to leave your skin soft and smooth. An application of aromatic remineralizing crème is applied and you enjoy a calming scalp massage.

Royal Body Polish ~ 60 Minutes

This gentle exfoliation with a chamomile and pumice scrub leaves your skin soft and vibrant. The delicate chamomile flowers are known for their calming effects on the mind and body. Enjoy the royal treatment with a customized scalp or foot massage and an application of hydrating chamomile lotion.

Signore's Eucalyptus Body Scrub ~ 60 Minutes

This energizing treatment designed for men blends the therapeutic benefits of thermal minerals with eucalyptus essential oil to leave you relaxed and revitalized. A brisk exfoliation is followed by a massage application of energizing oils and mineral crème.

Lavender and Aloe Quench ~ 30 Minutes

The healing and moisturizing properties of aloe and lavender are an unrivaled relief for skin stressed by sun exposure or dry conditions. Let us first wrap you in soothing aloe gel before massaging your scalp, neck and feet. A soothing lavender body spray completes your treatment. Perfect addition to any massage.

PELLA CURA | SKIN TREATMENT

Alvadora Deep Cleansing Facial ~ 60 Minutes

This traditional European deep-cleansing facial is customized for your skin. Your facial includes a gentle exfoliation to remove dull surface skin cells, a deep-cleansing facial massage, and masque that rejuvenates and nourishes. Your experience also includes a heated hand treatment and essential oil application to the temples. An Alvadora Deep Cleansing Facial will help to calm your mind and leave you completely relaxed.

Signore's Facial ~ 60 Minutes

This facial, designed specifically for men, will benefit all skin types, including sensitive. Special ingredients help to soothe and calm irritated skin, protect against free radical damage, increase circulation and diminish the appearance of fine lines and age spots. Your experience will also include a relaxing face, scalp and hand massage.

Omorovicza Facial ~ 60 or 90 Minutes

This classic Hungarian facial, cleanses and re-mineralizes the skin. Cleansers, exfoliators and moisturizers are formulated with mineral - rich Hungarian thermal waters which are used in different combinations to suit each customer's skin ensuring the best result. After gentle exfoliation, a mud mask packed with calcium and magnesium carbonates, cleanses and detoxifies the skin. A unique facial massage stimulates micro-circulations and combats stress.

Renaissance Facial with Footbath ~ 90 Minutes

This exclusive facial is based on the ancient and influential art of aromatherapy. Complete with footbath and soothing cup of tea, this facial includes a gentle exfoliation, an aromatherapy facial massage, a rejuvenating eyelift and lip treatment and an ampoule of botanicals applied to strengthen capillaries. Your facial encompasses a bouquet of skin-renewing aromatic oils and botanicals, which support vitality and relaxation.



Stone Facial ~ 60 Minutes

This customized treatment stimulates circulation, detoxifies the skin and improves muscle tone. The warm rose quartz stone massage releases tension and stress so you will feel exceptionally relaxed and rejuvenated. A soothing peel-off masque reduces the appearance of fine lines and wrinkles and improves your skin's brilliance.

ALVADORA SALON

Waxing

Facial waxing is available through our salon. Let our talented estheticians eliminate any unwanted facial hair or shape and style your brows.

Renaissance Manicure ~ 45 Minutes

Treat yourself to the ultimate manicure. Begin with an herbal soak for the fingertips and an application of essential oils to your temples. Hands are exfoliated using a gommage rich in essential plant oils, followed by a hand and arm massage with aromatic essences. Your manicure concludes with the nail color of your choice.

Mediterranean Paraffin Manicure ~ 45 Minutes

Indulge in this ultimate pampering ritual. Begin your experience with a gentle exfoliation, followed by a paraffin treatment, decadent massage and nail color of your choice.

Signore's Manicure ~ 30 Minutes

This distinctive manicure is designed specifically for gentlemen. The manicure includes a eucalyptus soak, soothing hand and arm massage, followed by grooming and buffing of the nails.

Essenza di Eucalyptus Pedicure ~ 60 Minutes

This is the ultimate experience for your feet. Relax with a eucalyptus foot soak while calming essential oils are applied to the temples. Your pedicure includes an exfoliation and aromatic massage for the feet and legs, an application of cooling foot balm and nail color of your choice.

Mediterranean Paraffin Pedicure ~ 60 Minutes

You will experience alluring aromas to please all the senses. Begin your ritual with a stimulating exfoliation, followed by a paraffin treatment and relaxing foot massage. Conclude with a complete pedicure and polish.

Signore's Pedicure ~ 45 Minutes

This pedicure recognizes the specific needs of men's foot care. After your nails are groomed, your feet will benefit from a eucalyptus foot soak and exfoliation. An aromatic massage for the feet and legs follows and your treatment concludes with an application of cooling foot balm.

HAIR & MAKE-UP

Let us help you get ready for your special event. We offer a variety of cut-and-style services in our salon, as well as makeup applications. In addition, we offer complete bridal packages and services.

Restorative Hair Treatment ~ 30 minutes

This unique treatment instantly hydrates and rejuvenates the condition of damaged, color-treated or processed hair without weighing it down. The result is stronger, shiny, resilient hair that resists damage.

Eyelash Extension

A new way to extend the length and thickness of your eyelashes. They are applied on a hair-by-hair basis to your own lashes for a totally natural look.

FITNESS CENTRE

The Fitness Centre offers a full-service, 24-hour workout facility featuring Cybex training equipment. Mind-body fitness classes are offered throughout the week. Please contact the spa or refer to the Service Directory in your room.

Personal Training Session ~ 60 Minutes

We offer personalized fitness to fulfill your every need. Select from weight training, cardio training or a combination of both.

Private Classes ~ 60 Minutes

We offer private Yoga, Stretch, Mat Pilates, Tai Chi and Meditation Classes as an alternative to a traditional workout.

ELEVATE YOUR ALVADORA EXPERIENCE

Here are answers to often-asked questions to ensure a most comfortable and enjoyable spa experience.

When should I arrive?

We suggest arriving 30 minutes before your appointment so you will have time to enjoy the dressing room amenities and a soothing cup of tea in Alvadora's relaxation area before your treatment begins. This will allow you time to prepare for your treatment. Treatments will begin and end on time, as a courtesy to the next guest.



ALVADORA
PERSONAL PALM
Shampoo
Versi No. 1
No. 1 200 ml 5.11E

ALVADORA
PERSONAL PALM
Shampoo
Versi No. 1
No. 1 200 ml 5.11E

ALVADORA
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ALVADORA
PERSONAL PALM
Shampoo
Versi No. 1
No. 1 200 ml 5.11E

ALVADORA
PERSONAL PALM
Shower Gel
Versi No. 1
No. 1 200 ml 5.11E

ALVADORA
PERSONAL PALM
Shower Gel
Versi No. 2
No. 2 200 ml 5.11E

ALVADORA
PERSONAL PALM
Conditioner
Versi No. 1
No. 1 200 ml 5.11E

ALVADORA
PERSONAL PALM
Conditioner
Versi No. 2
No. 2 200 ml 5.11E

What should I wear?

The spa will provide you with a robe and slippers. It is recommended that you completely disrobe for your spa service. Therapists are trained in proper draping techniques so you should always feel comfortable. For Watsu, please wear a bathing suit.

Should I avoid the Spa if I am pregnant?

Not at all, although you'll want to avoid treatments using deep pressure and heat, such as Hydrotherapy, Shell Massage, Reflexology and Aromatherapy. The Maternity Massage is specifically designed to safely relax mothers-to-be.

Should I alert someone if I have any physical ailments, disabilities or allergies?

Absolutely. Please notify spa reservations when booking your appointments.

Will I be able to purchase products that are used during my treatments?

Our spa boutique has a full array of products that are used during treatments as well as excellent gift items to take along.

Are there any rules of spa etiquette?

To enhance your journey at Alvdora and for the relaxation of all guests, we ask that everyone speak softly and refrain from using cellular phones in all public areas of the spa. Alvdora is a non-smoking facility. Alvdora Spa is a very special and tranquil place. We invite you to lose yourself in its indulgences.

Reservations

Appointments are confirmed with a credit card or room number. We encourage our guests to make their spa arrangements when room reservations are made to ensure that preferred appointment times are available.

Welcome to Alvadora. Guests may enjoy complimentary use of the Fitness Centre, scheduled classes, steam room and whirlpool. We recommend scheduling your spa experience a minimum of two weeks prior to your arrival for the most expansive selection of treatments and available appointment times.

Cancellation Policy

Your treatment arrangements and selected appointment times are held exclusively for you. If you find it necessary to reschedule or cancel, we respectfully request a minimum notification of 4 hours in advance of individual treatments and 24 hours for packages. Cancellations or missed appointments will be charged at \$50 per treatment when the minimum notification times are not met.

Service Charge

To make your spa experience as seamless as possible, an 18% service charge will be added to all spa and salon treatment services. The 18% service charge will also be applied to spa package prices. The service charge is adjustable upon request.

Hours

Alvadora Sunday through Thursday 9:00 am – 6:00 pm, Friday and Saturday 8:00 am – 8:00 pm

Salon 9:00 am – 6:00 pm

After-hour and in-room treatments are available

Fitness Centre open 24 hours daily (*accessed by room key*)

Pool open 24 hours daily (*attended 9:00 am – 6:00 pm*)

Cabana Café: lunch served 11:00 am – 5:00 pm

Hours vary by season.

The pool is not attended by a lifeguard. An adult must accompany all guests under age 16.

***For information and appointments, please call 602.977.6400 or 866.579.3637
or book online at alvadora.com.***