



emerge
brighter

The background of the entire page is decorated with various natural elements. At the top, there are slices of green and yellow citrus fruits. On the left side, there is a whole orange with a small green leaf. In the bottom left corner, there is a large, detailed slice of a kiwi fruit showing its characteristic black seeds. In the bottom right corner, there are green, feathery herbs, possibly dill or fennel, adding a fresh, organic feel to the design.

perfecting

your journey

eforea spa and health club at Hilton Cabo Verde Sal Resort is a place like no other where you will reconnect and emerge brighter. Our Essentials and Escape Journeys feature both results-oriented and locally inspired therapies.

Signature to eforea spa are the Journey Enhancements, powerful mini treatments that are added to your existing services or enjoyed by themselves. These treatments have been specially designed for eforea and introduce guests to special, commonly unexperienced techniques from the most fabled spa cultures around the world.

enhancements

head & face

Find clarity. This illuminating experience draws from mystical practices of ancient Indian massage and powerful Thai therapies.

25MIN CVE 5.900

shoulder, neck & scalp

Lighten your load. This deep relaxation experience draws from Chinese acupressure, modern science of trigger point therapy, and traditional methods of Swedish massage.

25MIN CVE 5.900

feet

Ground yourself. This foot and legs experience combines the richness of ancient Egyptian reflexology with spiritual concepts of Native American healers.

25MIN CVE 5.900

If added to a treatment

25MIN CVE 2.500



essentials

face

Anti-Aging Facial

80MIN CVE 10.500

This age-defying facial smooths out fine lines and wrinkles and stimulates the skin's collagen and elastin production. We will start by deep cleansing and exfoliating your skin, followed by the appliance of a nourishing mask. Then, we will apply a powerful serum while performing a lifting massage. The treatment will end with a special eye contour to fade wrinkles.

Radiance Facial

50MIN CVE 8.500

This powerful treatment follows a skin-illuminating sequence with antioxidants and vitamins to refine, tone and brighten your face. Starting by a deep cleaning of the skin with exfoliation and blackheads and impurities removal, followed by a hydrating mask and a lifting massage with revitalizing serum.

Hydrating Crystal Facial in Dream Crystal Bed

50MIN CVE 8.500

An artful facial that stimulates the neurovascular points of the face and head. It includes a skin cleaning and lymphatic drainage with a gentle scrub and then a deeply hydrating massage using small crystal balls. This, added to the special Dream Crystal Bed where this treatment is performed, will take you into a profound state of relaxation. Specially recommended for very dry skin.

Sun Kissed Facial

50MIN CVE 8.500

Bringing new life to skins that have played and stayed a little too long under the sun. Anti-inflammatory plant extracts, vitamins and omegas are combined to hydrate and restore the skin elasticity. This treatment will be adapted to the condition of your skin, but it will start by a gentle cleansing, a super hydrating mask and a gentle massage with nourishing serum. The exfoliation will also be considered if your skin allows to.

Express Facial

25MIN CVE 5.900

This quick, yet highly personalized treatment, will cleanse, exfoliate and revitalize your skin with a face massage to help the serum absorbance. It eliminates toxins, reduces congestion and deep cleanses skin for an improved complexion.

Enjoy your treatment on our unique Dream Crystal Bed for only CVE 1.000 extra. Dream Crystal Bed is subject to availability.

body

body scrubs

Soft Exfoliation

25MIN CVE 5.500

A quick but efficient body polish with self-dissolving coffee powder to slough away dead skin cells and soften the skin for a pitch perfect sun tan.

Deep Exfoliation

50MIN CVE 7.700

After a deep exfoliation with a luxurious locally extracted salt, your skin is ready for a relaxing massage using the moisturizing and healing benefits of body butter. Rediscover a skin that is smooth and soft to the touch.

body wraps

Sun Kissed Hydration. After Sun with Aloe Vera

50MIN CVE 7.700

Repair and hydrate sunburned skin using the natural healing and cooling properties of a body mask with Aloe Vera gel. While we let the wrap work, enjoy a special head massage that will take you to a deep relaxation state.

Detoxifying with Green Clay

50MIN CVE 7.700

Rejuvenate with this body wrap, it is the kick-start of the detoxifying process. This treatment has many other benefits including reducing water retention, increasing metabolism and toning the skin. We will start by wrapping you in green clay from Boa Vista island and massage your head while the clay works. Then, after an invigorating shower, we will gently massage the body lotion for a full skin recovery.

Energizing with Chocolate

50MIN CVE 7.700

The richness of the Cocoa bean, full of antioxidants, will protect your skin cells from short and long-term damage caused by free radicals. A very hydrating and energizing wrap. After removing the wrap under our rainwater shower, your skin will be glowing and a nourishing cream will be massaged into your body to soften and condition your skin. Enjoy the special designed head massage while the chocolate nourishes your skin.

Enjoy your treatment on our unique Dream Crystal Bed for only CVE 1.000 extra. Dream Crystal Bed is subject to availability.

massage

Sleep Improvement in Dream Crystal Bed

80MIN CVE 10.700

Feel your troubled muscles unwind with this combination of techniques concentrated on your back and continuing with a shoulder and neck massage to release stress and tension. This is the gentlest massage in our repertoire, soft as silk and designed for those who want the ultimate relaxation treatment.

Tension Release Massage

25MIN CVE 6.500

50MIN CVE 8.700

80MIN CVE 10.900

Perfect for the sports enthusiast, this deep-tissue massage alleviates muscle soreness, aches, and pains using specific techniques.

Detoxification - Baobab Pinda Massage

50MIN CVE 8.500

80MIN CVE 10.700

A detoxing massage is performed with heated pindas of baobab seeds & spices. This micro massage with seeds and the lymphatic drainage movements will increase blood flow and drain lymph, helping to eliminate toxins.

Afrique in Harmony

25MIN CVE 6.500

50MIN CVE 8.500

This massage uses a variety of techniques, pressures, and rhythmic movements done with hands and also a Tree Touch Stick to relieve muscular aches and pains.

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massage

Immune Booster in Dream Crystal Bed

50MIN CVE 8.500

80MIN CVE 10.700

Bring balance and harmony to both body and mind in this full body massage with crystal balls performed in our Dream Crystal Bed. This unique treatment helps to restore the body's natural frequency.

Hot Stones

80MIN CVE 10.700

Full body balancing and restorative massage with warm stones to melt away your aches and pains focusing on your back, neck and shoulders. It's a masterful ballet of warmth and expert hands, offering a unique and absolute sensorial experience.

Back-Balancer

50MIN CVE 8.500

This treatment is designed to help de-stress, fight jet-lag and reconnect body and mind. We will focus mainly in your back, but also moving into the neck and head area.

Afrique Aroma (Aromatherapy)

50MIN CVE 8.500

80MIN CVE 10.700

Choose your blend of essential oils and relax into a gentle massage using nurturing long strokes. Our therapist will set with you the exact pressure of the strokes. So it is a highly personalized treatment.

Mother-to-be

50MIN CVE 8.500

A massage developed specifically to address your needs during pregnancy, making it the perfect remedy for easing an aching back, shifting fluid retention, alleviating stretch marks and promoting a stage of calm and optimum well-being.

Thai Foot Massage

50MIN CVE 8.500

Through application of pressure onto particular areas of the soles of the feet, a reflex action in different parts of the body are stimulated. This massage will provide relaxation, balance and a healthy blood circulation.

Enjoy your treatment on our unique Dream Crystal Bed for only CVE 1.000 extra. Dream Crystal Bed is subject to availability.

A close-up portrait of a smiling woman with dark hair, wearing a white shirt. A circular logo with a geometric pattern is overlaid on the lower left side of the image.

escape
journeys

j

journeys

Rejuvenating Journey

80MIN CVE 11.900

80MIN CVE 19.900 - Couple (in double treatment room)

We will start by a gentle scrub using Cabo Verde coffee from the west islands, followed by a full body local clay wrap, packed with antioxidants. To end, we will gently massage your body with a nourishing and hydrating cream. Evade yourself to a total state of relaxation.

Salt and Chocolate Journey

80MIN CVE 11.900

80MIN CVE 19.900 - Couple (in double treatment room)

A delightful gentle full body exfoliation using salts from our island, followed by a soothing and detoxifying chocolate body mask. Also ended with a delicate massage with hydrating cream to leave your skin healthy, refined and soft as silk.

Cabo Verde Earth Reconnecting Journey

110MIN CVE 13.900

110MIN CVE 23.900 - Couple (in double treatment room)

Start by relaxing in our Jacuzzi with a mix of warm water, Fogo island wine and nourishing salts. Then, our therapist will scrub your body with local salt infused with Fogo wine, followed by a body wrap using Boa Vista clay. As a final touch, experience a full body massage with avocado essential oil. This is the ultimate experience, a haven of luxury and voluptuous pleasure.

Enjoy your treatment on our unique Dream Crystal Bed for only CVE 1.000 extra. Dream Crystal Bed is subject to availability.

A close-up portrait of a smiling woman with dark, curly hair. She is wearing a pink top. The image has a warm, golden-brown tint. The text "Beauty Salon" is overlaid in the bottom left corner in a white, serif font.

Beauty Salon

nails

Manicure Express

30MIN CVE 2.300

Cutting, filing, polishing and cuticle trimming.

Manicure Deluxe

60MIN CVE 4.200

Exfoliation, Cutting, filing, polishing and cuticle trimming. Followed by a nourishing hand massage and color appliance.

Pedicure Express

30MIN CVE 2.500

Cutting, filing, polishing and cuticle trimming.

Pedicure Deluxe

60MIN CVE 4.500

Exfoliation, Cutting, filing, polishing and cuticle trimming. Followed by a nourishing foot massage and color appliance.

Paraffin Application

30MIN CVE 1.100

Treatment that will leave your skin smooth as silk. Ideal to add after your manicure or pedicure.

Only Color

20MIN CVE 1.100

Semi Permanent Gel Color Remover

30MIN CVE 1.100

Semi Permanent Gel Color

30MIN CVE 1.300

Manicure Gel

120MIN CVE 6.500

Gel Nail Remover

40MIN CVE 1.600

wax

Eyebrows Clean

15MIN CVE 1.100

Lip

10MIN CVE 1.100

Lip & Eyebrows Clean

30MIN CVE 1.800

Underarm

15MIN CVE 2.200

Back or Chest

30MIN CVE 2.800

Bikini Line

20MIN CVE 2.200

Full Bikini

40MIN CVE 3.200

Lower Leg

20MIN CVE 2.200

Full Leg

30MIN CVE 3.400

Full Leg & Bikini Line

50MIN CVE 4.400



hair

wash & blow-dry

Short	CVE 2.000
Medium	CVE 2.400
Long	CVE 2.800

Supplement for a Haircut: CVE 2.000

haircut

CVE 2.200

hair treatment

CVE 1.800

Special hydrating mask designed to correct the damage caused by sun, seawater and pool water chlorine. Will leave your hair smooth and revitalized.

men

Wash & Cut	CVE 1.800
Beard Trim	CVE 800

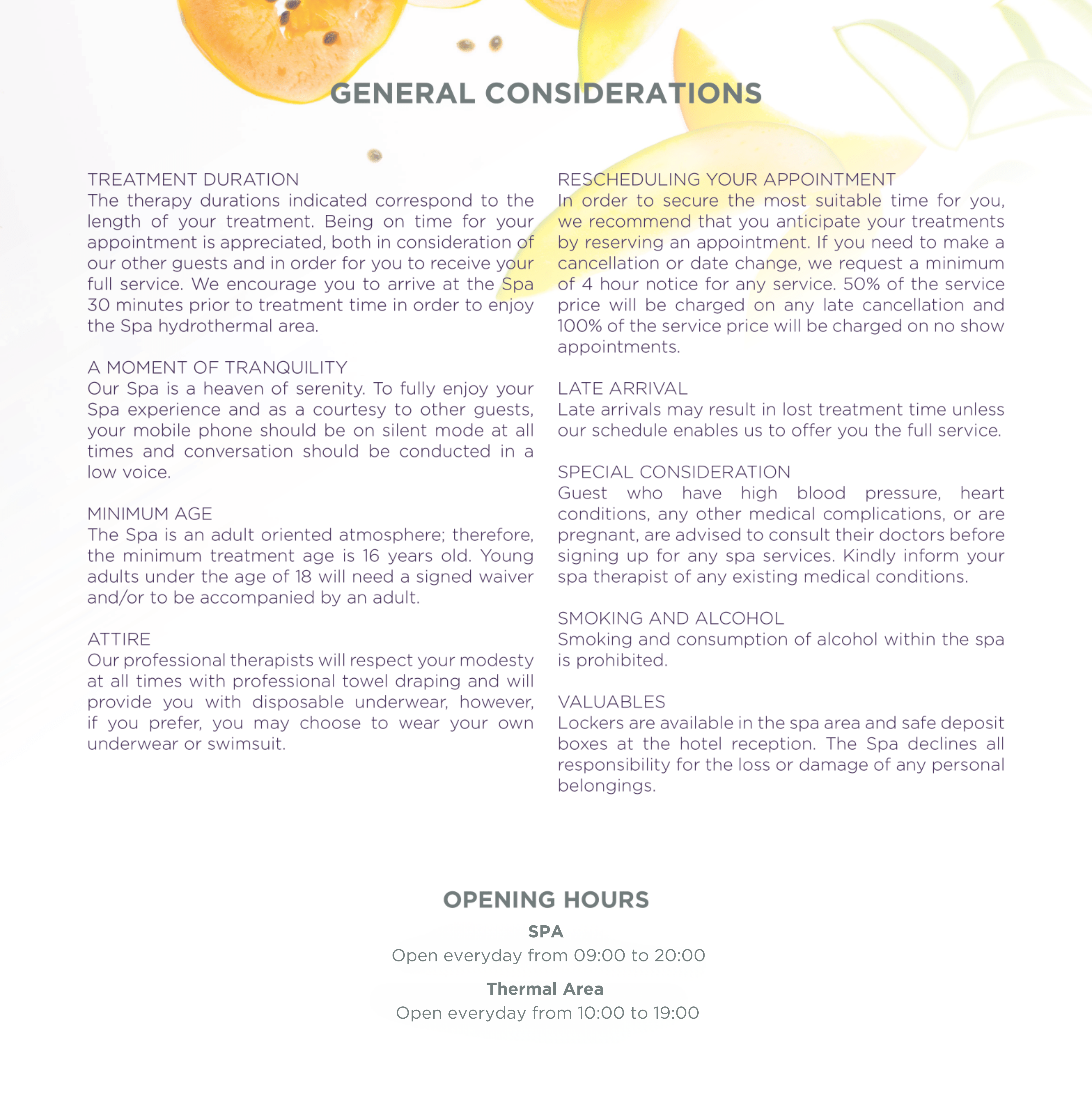
kids

Wash & Cut	CVE 1.800
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traditional braids

CVE 250 per braid (up to 4 braids)	
Half Head	CVE 2.000
Full Head	CVE 4.000





GENERAL CONSIDERATIONS

TREATMENT DURATION

The therapy durations indicated correspond to the length of your treatment. Being on time for your appointment is appreciated, both in consideration of our other guests and in order for you to receive your full service. We encourage you to arrive at the Spa 30 minutes prior to treatment time in order to enjoy the Spa hydrothermal area.

A MOMENT OF TRANQUILITY

Our Spa is a heaven of serenity. To fully enjoy your Spa experience and as a courtesy to other guests, your mobile phone should be on silent mode at all times and conversation should be conducted in a low voice.

MINIMUM AGE

The Spa is an adult oriented atmosphere; therefore, the minimum treatment age is 16 years old. Young adults under the age of 18 will need a signed waiver and/or to be accompanied by an adult.

ATTIRE

Our professional therapists will respect your modesty at all times with professional towel draping and will provide you with disposable underwear, however, if you prefer, you may choose to wear your own underwear or swimsuit.

RESCHEDULING YOUR APPOINTMENT

In order to secure the most suitable time for you, we recommend that you anticipate your treatments by reserving an appointment. If you need to make a cancellation or date change, we request a minimum of 4 hour notice for any service. 50% of the service price will be charged on any late cancellation and 100% of the service price will be charged on no show appointments.

LATE ARRIVAL

Late arrivals may result in lost treatment time unless our schedule enables us to offer you the full service.

SPECIAL CONSIDERATION

Guest who have high blood pressure, heart conditions, any other medical complications, or are pregnant, are advised to consult their doctors before signing up for any spa services. Kindly inform your spa therapist of any existing medical conditions.

SMOKING AND ALCOHOL

Smoking and consumption of alcohol within the spa is prohibited.

VALUABLES

Lockers are available in the spa area and safe deposit boxes at the hotel reception. The Spa declines all responsibility for the loss or damage of any personal belongings.

OPENING HOURS

SPA

Open everyday from 09:00 to 20:00

Thermal Area

Open everyday from 10:00 to 19:00



Hilton Cabo Verde Sal Resort

Let your mind escape and your body relax in this beautiful island surrounded by the natural granite boulders of Sal Island. Whether your desire is to invigorate the soul, relax the mind or beautify the body, our professional therapists will exceed your every expectation.

phone (+238) 33 44 480 - Spa Reception

phone (+238) 33 44 444 - Hotel Reception

email sidcv_spa@hilton.com



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Avda dos Hoteis, CP 230, 4111 - Santa Maria – Ilha do Sal – Cabo Verde