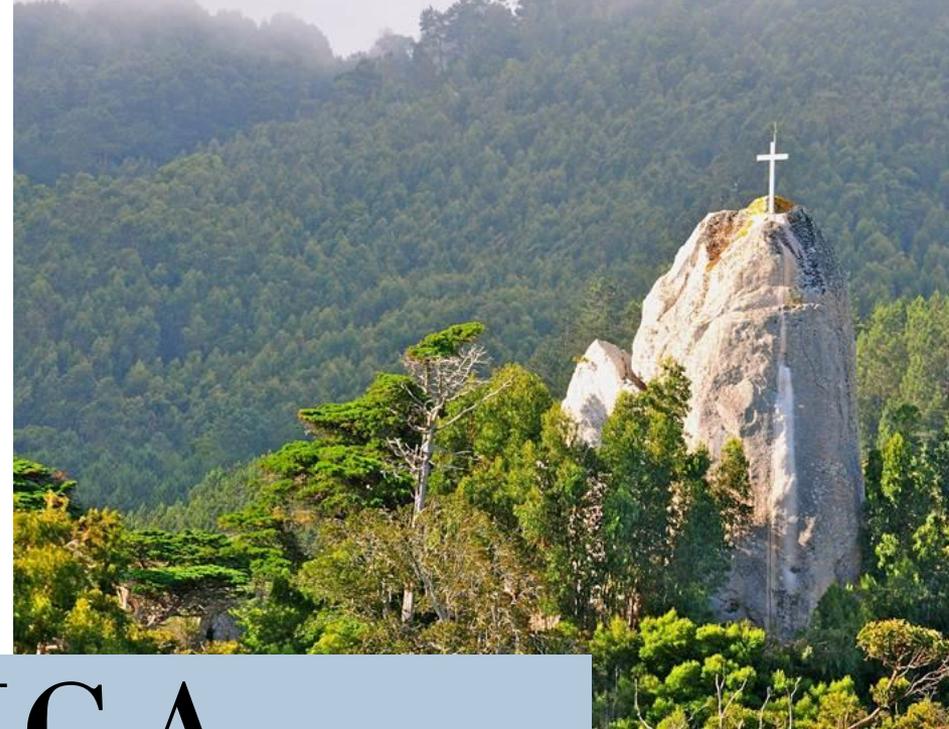


WELLNESS

& GROUP ACTIVITIES

P E N H A L O N G A
A R I T Z - C A R L T O N H O T E L



PENHA LONGA HISTORICAL CIRCUIT

Penha Longa Resort is located in the heart of the Sintra-Cascais Natural Park offering you the opportunity to experience both nature and history at the same time. Embark on a special guided tour throughout this beautiful estate. The Penha Longa Historical Circuit is a 60-minute hike that passes through important sights from the 16th to 19th centuries like royal apartments, the monastery and several gardens. Bring a comfortable pair of shoes and clothing.



60 min.



€ 20 per person



YOGA & PILATES

Improve the health and function of both body and mind with some Yoga or Pilates.

These exercises will help increase general fitness and flexibility, improve breathing, and ultimately teach you how to relax the mind.



60 min.



€ 20 per person



FUNCTIONAL TRAINING

Functional training is an exercise class which involves training with your body height and reflects everyday life activities. To promote team spirit, the class can be done in pairs .

The activity can be performed indoors or outdoors.



60 min.



€ 20 per person



MORNING WALK or JOGGING

Start your day with some exercise, whilst enjoying the fresh air of the Sintra mountains.

Casual clothes and comfortable shoes are suitable for walking, however for jogging, sports clothing are recommended.



60 min.



€ 20 per person



LABYRINTH WALKING

MINDFULNESS THROUGH

A recent article in the Chicago Tribune explored the prominence of worry and anxiety in modern life. One effective way to cope with these pressures is through meditation and mindfulness exercises. Labyrinths are a great way to slow down, relax the mind and contemplate life without the rigours of Eastern style meditation.



60 min.



€ 20 per person



SPORTS ACTIVITIES

Get involved in some healthy competition with team sports such as Football, Handball, Volleyball, Basketball, Tennis, Padel or Racquetball.



90 min.



€ 20 per person



TREASURE HUNT

The activity can be performed indoors or outdoors. A Treasure Hunt is a great way to promote team spirit and discover the historical sites of the Pena Longa estate, once the retreat for the Portuguese Royal Family.

Minimum of 30 participants.



90 min.



€ 30 per person



CHAIR MASSAGE

The Chair Massage is done in an ergonomically designed portable chair and focuses on the head, neck, shoulders, back and arms. Our trained massage therapists are able to offer on-site massage to many environments because of the portability of the massage chair and clients do not need to disrobe to receive a chair massage.

5 to 10 min. per person

 € 75 per hour



WELLNESS STRETCHING

A moment of relaxation and fun!
Choose from three 10-minute or one 30-minute stretching session. Participants will carry out various stretching movements, learn many wellbeing techniques and will be given some useful tips from Portugal's very own "Mr. Wellness."

Movement & Stretching (10 min.)
+ Nutrition (10 min.)
+ Mental Approach (10 min.)
Sessions can be integrated in the coffee breaks.



10min | 30 min



€ 200 | € 500 per session



SPA EXPERIENCE

The Spa experience includes nine treatment rooms and a suite reserved for those who prefer more privacy. The stunning Spa gardens include a Jacuzzi, a contrast pool, a 3-metre waterfall and Portugal's only Meditation Labyrinth. Select from our SPA Menu a full range of Massages, Facials, Body Treatments, Rituals and Finishing Touches.



From 25 min. / from € 60 per session

GROUP ACTIVITIES

ACTIVITY	DURATION	PRICE
1. Penha Longa Historical Circuit (min. 10 people)	up to 60 min.	20 € per person
2. Yoga Pilates Class (min. 10 people)	up to 60 min.	20 € per person
3. Functional Training (min. 10 people)	up to 60 min.	20 € per person
4. Morning walk / jogging (min. 10 people)	up to 60 min.	20 € per person
5. Labyrinth Walking (min. 10 people)	up to 60 min.	20 € per person
6. Sports Activities: soccer, tennis... (min. 10 people)	up to 60 min.	20 € per person
7. Treasure Hunt (min. 10 people)	up to 90 min.	30 € per person
8. Chair Massage (min. 10 people)	up to 60 min.	75 € per hour
9. Wellness Stretching	10 or 30 min.	200 € or 500 € per session
10. Spa Experience	from 25 min.	from 60 €

THANK YOU!

WE LOOK FORWARD
TO WELCOMING YOU



PENHA LONGA

Spa & Wellness