

Serene Detox

PURIFY, REVITALIZE, RENEW





Serene Detox

PURIFY, REVITALIZE, RENEW

Dedicate a morning to your well-being with a detox ritual designed to revitalize both body and mind. This exclusive package combines movement, relaxation, and nutrition for a deeply regenerative experience. You will be guided by the same therapist throughout your journey, ensuring a seamless and personalized experience. From the exercise session to the spa treatments, your therapist will tailor each step to your needs, creating a continuous flow of well-being. This integrated approach enhances the detox benefits, providing you with a truly refreshing and balanced moment of self-care.

YOUR DETOX EXPERIENCE INCLUDES:

Yoga or Pilates Session

Begin your day with a 60-minute practice (Hatha, Iyengar, Therapeutic, Nidra, or Pilates), customized to your needs.

Access to the Sublime Spa

Enjoy a moment of pure relaxation in our wellness area, featuring a jacuzzi, indoor pool, Turkish bath, and sauna.

Detox Drink

A refreshing boost to help eliminate toxins and invigorate your body.

Complete Detox Treatment

An 85-minute purifying ritual, combining a 50-minute invigorating massage with a 35-minute full-body exfoliation to renew and restore your skin.

OPTIONAL EXTRA

Light Lunch at Sem Porta Bar

Conclude your morning with a balanced, carefully prepared meal.



le esprit et le corps le suivra

Success is the sum of small efforts—repeated day in and day out





Sublime
COMPORTA

Embrace this holistic detox journey
and leave feeling refreshed, re-energized,
and truly renewed.

Price: 295€ / 355€ (Lunch Included) | Subject to Availability

spa.reception@sublimecomporta.pt
+ 351 269 449 376

Pre-payment required at the time of booking,
with a free cancellation policy up to 48 hours before the date.
After 48 hours, there will be a 100% penalty.

– Pack available for gift voucher –

