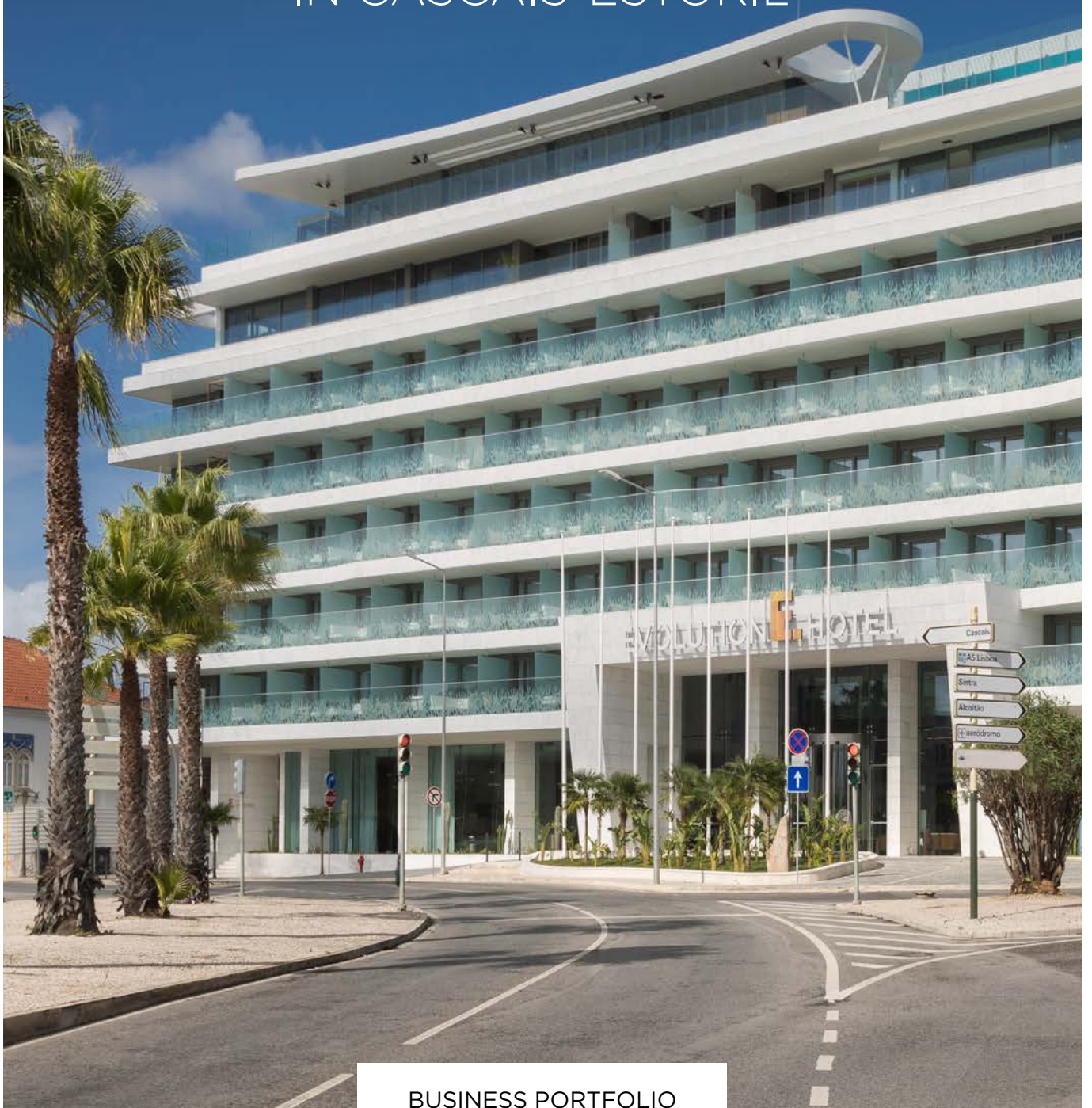




EVOLUTION
CASCAIS - ESTORIL

A NEW LIFESTYLE CONCEPT,
A VIBRANT ATTITUDE
IN CASCAIS-ESTORIL



BUSINESS PORTFOLIO

EVOLUTION, Grupo SANA's brand, is irreverent, unconventional, vibrant and creative, for those looking for an alternative to classic hotels, with a technological approach, well-designed co-working spaces and areas dedicated to well-being.

It's a new way of living, working and socialising that meets the needs of an independent, flexible and tech-savvy generation that appreciates trendy and unconventional spaces, contemporary design, good food and comfort.

Focused on meeting the needs of the guests, with E.Host teams always close and professional, it allows the experience to be lived at the pace of each client, making stays more accessible, welcoming, but also more fun.

It is a meeting point for guests and the local community, both for work and socialising. A social hub for cosmopolitans, which allows you to enjoy the city while feeling part of it.

It is a new concept, which grows within us and makes us return.

EVOLUTION. It's in you.

CONTENTS

- EVOLUTION Cascais-Estoril
- Business Meetings
- Entertainment
- Co-Working
- Social Events
- Eating & Drinking
- Wellness by SAYANNA
- SAN.IA
- SANA Group
- Contacts

A photograph of a modern rooftop terrace. The terrace is furnished with rows of white lounge chairs and tables, arranged in a perspective that leads towards the horizon. A glass railing runs along the edge of the terrace. In the background, a coastal city with various buildings and houses is visible, situated on a hillside overlooking the ocean. The sky is clear and blue. The overall atmosphere is bright and airy.

WELCOME TO EVOLUTION CASCAIS-ESTORIL

With a blinding view over the Atlantic Ocean and the Bay of Cascais and 300 days of sunshine, EVOLUTION Cascais-Estoril offers a unique lifestyle experience in a relaxing and inspiring atmosphere.

COME AS A GUEST, LEAVE AS AN EVOLUTIONER

A NEW LIFESTYLE HOTEL,
AN UNFORGETTABLE STAY

Vibrant, modern, tech friendly and cosmopolitan, this new lifestyle & pet friendly hotel concept is passion at first check-in.

With a stunning view over the Atlantic, beaches with natural pools, close to Tamariz and the Casino, here it is possible to enjoy a meal at any time of the day, feel in the clouds in the SPA or celebrate the end of the day with live music.

Open to the city, this is a hotel where you can experience all the charm of Cascais-Estoril.

_ THE LIVING ROOM



_ THE KITCHEN



Services Hotel Facilities _

- Self check-in
- 4 Restaurant spaces
- Grab & Go
- Wellness by SAYANNA
- 1 Meeting room
- High speed Wi-Fi
- Laundry/dry cleaning
- Parking area
(60 spaces, 4 for electric vehicles)
- Car rental (on request)
- Entertainment Agenda
(DJ & live music)
- Outdoor + indoor pool



_ THE LIVING ROOM



_ THE LIVING ROOM



_ THE LIVING ROOM






PRIVILEGED LOCATION

NEAR THE ESTORIL COAST

Located on the Portuguese Riviera, surrounded by small beaches with natural pools and near the Casino Estoril and Congress Centre, EVOLUTION Cascais-Estoril is less than 15 minutes from the Tires aerodrome, 30 minutes from Lisbon Airport and a few minutes walk from the train station with connections to Lisbon and Cascais.

Other destinations like Lisbon, the Sintra Village, Cascais Marina and Guincho are nearby attractions easily accessible from the Hotel.

_TEMPERATURE

 SPRING	22°C ▲▼ 16°C
 SUMMER	26°C ▲▼ 19°C
 AUTUMN	18°C ▲▼ 12°C
 WINTER	15°C ▲▼ 10°C

_ TAMARIZ BEACH



PLACES OF INTEREST

- Tamariz Beach
- Rainha Beach
- Poça Beach
- Cascais Historic Centre
- Estoril Garden
- Cascais Marina
- Sintra/Cascais Natural Park

CULTURAL VENUES

- Paula Rego's House of Stories
- House Museum of Santa Maria
- Portuguese Music Museum
- Estoril Congress Center

SHOPPING/LEISURE AREAS

- Cascais Market
- Casino Estoril
- CascaShopping
- Fiartil

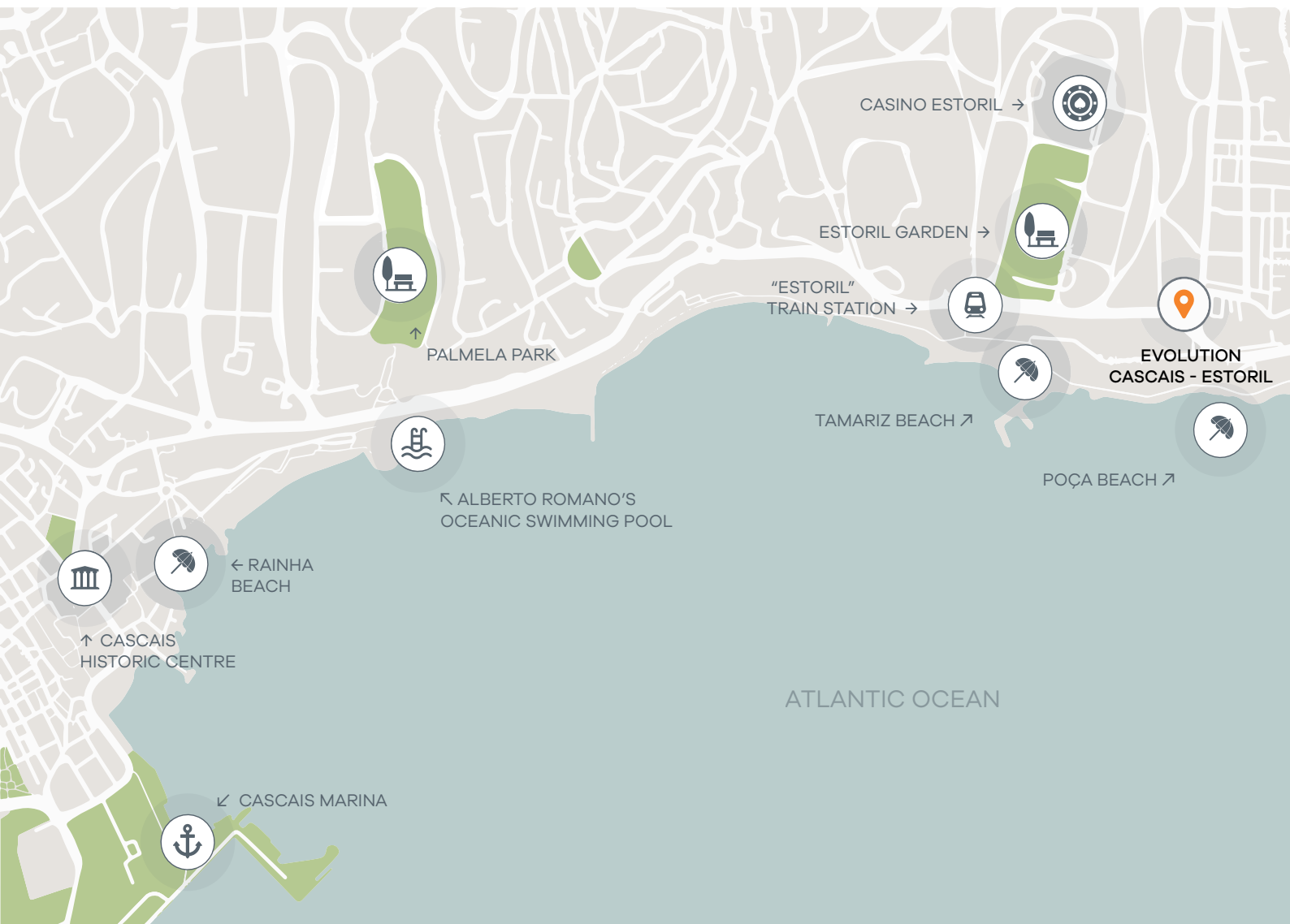
PUBLIC TRANSPORTATION NETWORK

- Estoril Railway Station
- Tires Aerodrome
- Lisbon Airport (LIS): 30 minutes away

Surroundings _

EVOLUTION CASCAIS-ESTORIL ON THE MAP

POINTS OF INTEREST



ACCOMMODATION

STYLISH, COSY, SMART AND FUNCTIONAL ROOMS

The rooms and suites have been carefully and intelligently designed and decorated, bathed in plenty of natural light and, for the most part, with sea views.

The palette of light and neutral colours in all rooms is the pure definition of calm and relaxation, for a comfortable and relaxing stay.

The Hotel has a total of 133 rooms, all with balcony.



40 / COOL ROOM

8 / COOL CASCAIS BAY VIEW

28 / COOL OCEAN VIEW

47 / COOL FULL OCEAN VIEW

5 / COOLEST SUITE OCEAN VIEW

5 / COOL PANORAMIC VIEW

_ OCEAN ROOM



- 12 interconnecting rooms
- Room for people with reduced mobility (1 double)
- Double and Twin rooms with open plan bathroom with rainfall shower
- High Speed Wi-Fi
- Ultra comfortable bed
- Hair dryer
- Amenities
- Bathrobe and slippers
- Air conditioning
- Digital safe
- Telephone
- Cable TV / TV with screen share
- Wake-up service
- Double glazing
- Press Reader
- Work area
- Mini-fridges

Services Hotel Facilities_

_ WARDROBE



_ WC (DETAIL)



_ SUITE



FOOD AND DRINK

COMBINE THE BEST SHARING OPTIONS

THE KITCHEN, THE UPPER DECK, THE LIVING ROOM and THE PATIO, four irreverent and daring spaces to experience different gastronomic proposals, where local products and suppliers are valued.

Here, it is possible to relax with a cocktail, enjoy a magnificent meal or take advantage of the practical Grab&Go for a snack at any time of the day, in an all-day dining concept.

_ THE KITCHEN



_ THE PATIO



THE LIVING ROOM & THE PATIO

MORE THAN JUST A LOBBY BAR,
IT'S A CREATIVE AND INNOVATIVE EXPERIENCE

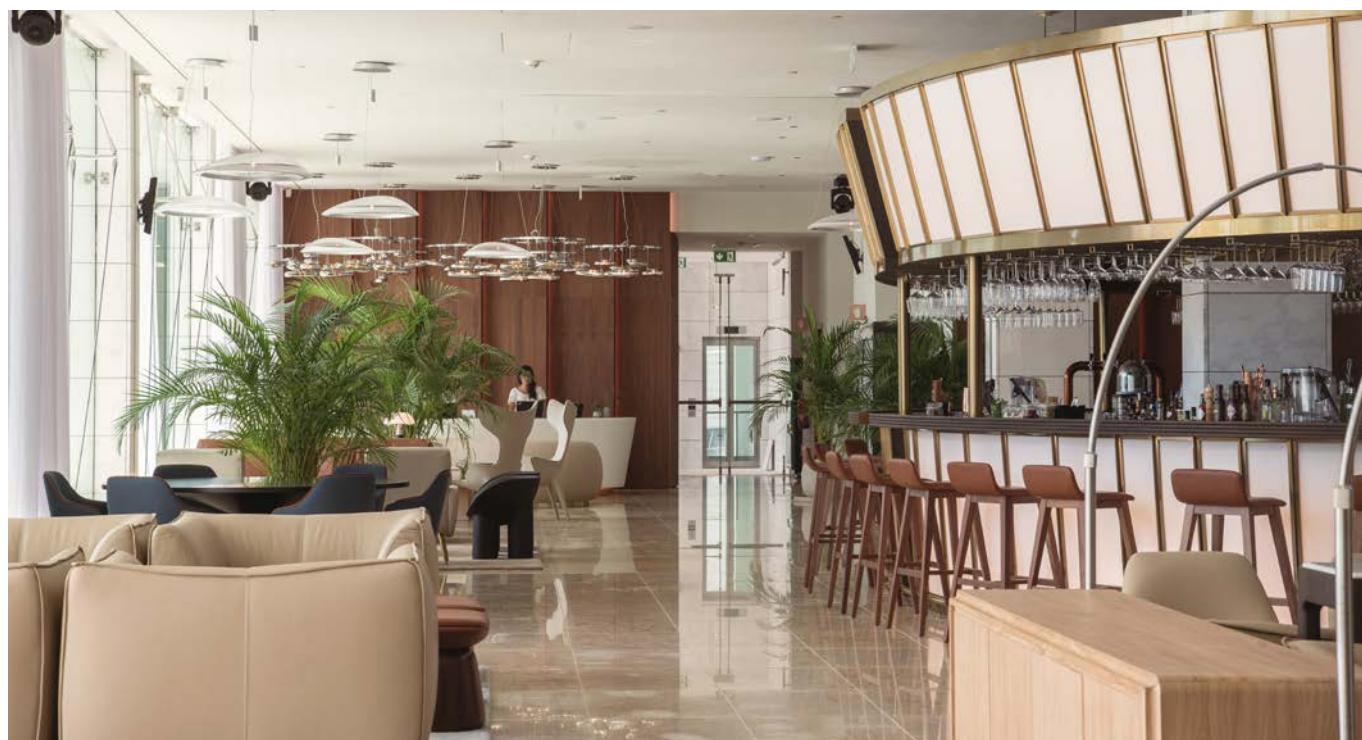
A trendy bar with the concept “Cocktails, Bites & Vibes”, with a relaxed atmosphere, where you can eat or have a drink.

The menu, inspired by sharing, was carefully designed to please all palates.

Schedule

Everyday:

11h00 - 01h30 (kitchen 12h30 - 00h00)



THE KITCHEN

A UNIQUE GASTRONOMIC EXPERIENCE
IN A COOL AND DYNAMIC ENVIRONMENT

An “open kitchen” restaurant, of contemporary fusion cuisine, with a seasonal menu with signature dishes. An excellent selection of Portuguese wines is available.

Schedule

Breakfast:

Weekdays - 07h00 - 10h30

Weekends - 07h30 - 11h00

Lunch: Every day - 12h30 - 15h00

Dinner: Every day - 19h00 - 00h:00



THE UPPER DECK

ROOFTOP, RESTAURANT-BARE POOL WITH PANORAMIC VIEW

Located on the 7th floor, The Upper Deck livens up the afternoons and evenings of Cascais and Estoril. A trendy and very cool spot, a rooftop overlooking the sea where there is no shortage of signature cocktails and an exclusive menu for the most demanding palates. A space that can easily be adapted to social and corporate events.

Schedule

Low Season (November - April)

Breakfast: Closed

Lunch: Closed

Dinner:

Friday and Saturday - 19h00 - 01h30

Kitchen - 19h00 - 00h00

DJ/ Live music:

Friday and Saturday - 22h30 - 01h30

/

High Season (May - October)

Breakfast: fechado

Lunch: fechado

Dinner:

Everyday: 19h00 - 01h30

Kitchen - 19h00 - 00h00

DJ/ Live music:

Everyday: 22h30 - 01h30

Pool & Bar (Rooftop):

Everyday - 10h30 - 18h00



GRAB&GO

JUST GRAB & GO, 24/7

For a snack at any time of day, the practical GRAB&GO provides access to delicious snacks, fresh and healthy options, as well as a selection of cocktails and drinks.



Wellness by SAYANNA

AN UNEQUALLED WELLNESS EXPERIENCE
WITH AN UNBEATABLE PANORAMA

On the 6th floor of EVOLUTION Cascais-Estoril you will find the Wellness space by SAYANNA. A 700 sqm wellness refuge with a stunning view over the Atlantic Ocean, perfect for exercising, relaxing and taking care of your body and mind.

It integrates a spa with innovative signature treatments, an indoor vitality pool, a sensory shower, sauna and Turkish bath. The fitness room has Technogym equipment.

_ PISCINA



_ EVOLUTION FITNESS



Services & Facilities_

- Indoor Swimming Pool
- Panoramic Sauna
- Steam bath
- Sensations showers
- 3 Panoramic individual treatment rooms
- 1 double panoramic SPA Suite
- TECHNOGYM equipped gymnasium
- SPA with organic VOYA products

EVENT ROOMS

INSPIRING AND VERSATILE SPACES
FOR CREATIVE AND MEMORABLE EVENTS

At EVOLUTION Cascais-Estoril we have versatile spaces that allow the realization of a simple meeting, a celebration or a corporate event, always with a creative touch.

Get to know the facilities of our spaces THE SOCIAL ROOM, THE PATIO and THE UPPER DECK.

_ THE SOCIAL ROOM



_ CO-WORKING



Features_

- Natural light
- Blackout
- Perforated curtain
- Climate control
- Conference video and audio system
- Surround sound system
- Possibility of different lighting environments
- High Speed Wi-Fi
- All controlled by touch panel
- Vertical garden

A photograph of a business meeting in progress. In the foreground, a person's hand points to a document on a desk. The document features a blue pie chart and a bar chart. To the left, another person's hands are typing on a laptop. In the background, a third person is holding a tablet. The desk is cluttered with various items including a pen, a pair of glasses, and a notebook. The overall atmosphere is professional and collaborative.

BUSINESS MEETINGS

A selection of versatile spaces and an experienced team fully dedicated to the specific needs of each project.

MEETING ROOMS

INTERNATIONAL EVENTS AND INSPIRING COWORKING SPACES

At EVOLUTION Cascais-Estoril, more than classic meetings, we propose the realization of unique corporate events in vibrant and technologically disruptive spaces.








Our events room, THE SOCIAL ROOM, has natural light and is fully equipped with the latest technology, a very versatile and flexible room, perfect for events up to 220 people.

THE PATIO, a large space located on the main floor, has a very cool vibe and can be fully customised to host your private events.

On the 7th floor is THE UPPER DECK, a trendy rooftop that offers great flexibility and a sophisticated atmosphere for your events.

_ THE SOCIAL ROOM



-  Natural light
-  Blackout
-  Central climate control
-  Sound and image services
-  Catering service
-  Accessibility for people with reduced mobility
-  Indoor covered parking (paid)

Features_

CONFERENCE ROOMS

GENERAL TECHNICAL CHARACTERISTICS



AIR CONDITIONING AND LIGHTING

Climate: Central
Natural Light: yes
Blackout: Yes

EQUIPMENT

Flipchart
Notepad and pens

SERVICES

Sound and Image Services
VIP Services
Concierge services
Car rental service
Restaurant/Catering service
Accessibility for people with reduced mobility
On-site security

PARKING

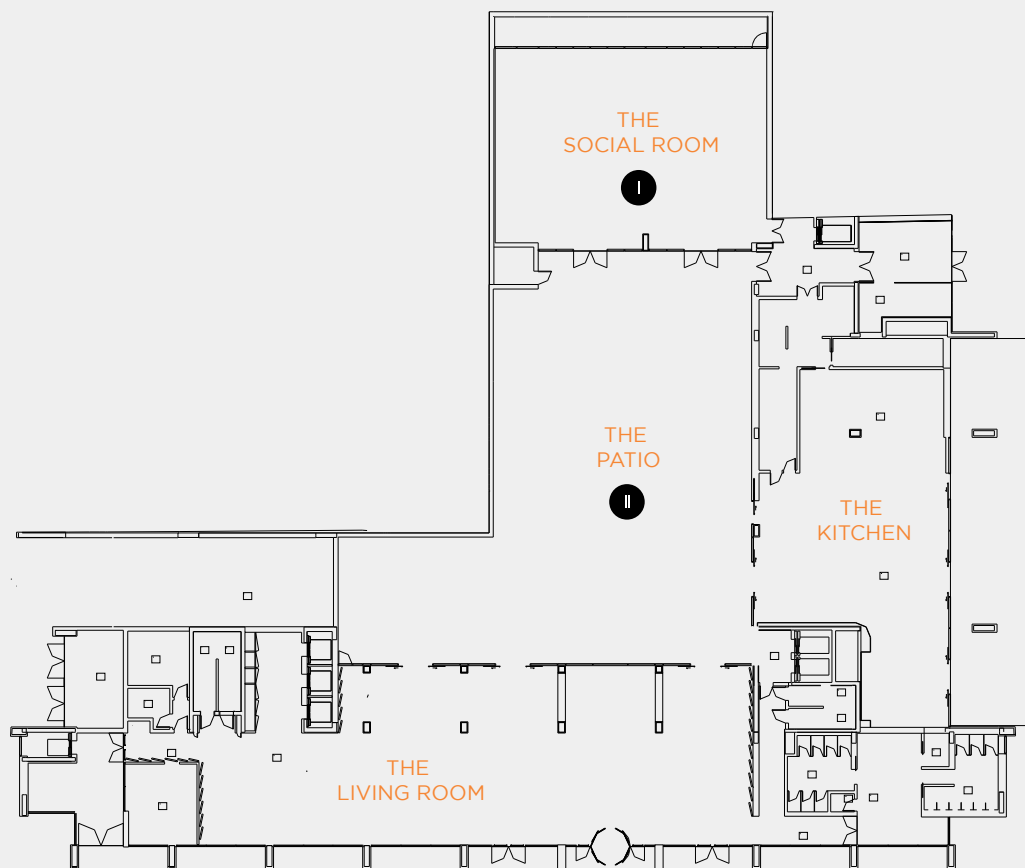
Indoor covered parking (paid)

MULTIMEDIA AND TECHNOLOGY

WI-FI network with customisable SSiD configuration
Last generation WI-FI network suitable for high user density
WI-FI 6 / ax
1 LED Wall Display: 4m x 2,25m - Outdoor 3.9P
1 LED Wall Cinema Screens: 5,5m x 3m - Outdoor 3.9P
1 88 inch 4K screen
HDMI connection - WI-FI
K-Array High End Sound System
Handheld and lavalier microphones
Fixed and Mobile DJ Desk/Cabin K-Array
Scenic Robotics in the lobby
Domotics Sound, light, curtains and black outs
Public IP addresses for connecting conference equipment, streaming, etc.
Ability to deliver specific and dedicated bandwidths for events
Digital Signage customisable for each partner/promoter/event
IT Support - Technician available exclusively for the event (on request)

FLOOR 0

GENERAL CHARACTERISTICS










Total Area
626sqm

I | The Social Room 226sqm

II | The Patio 400sqm

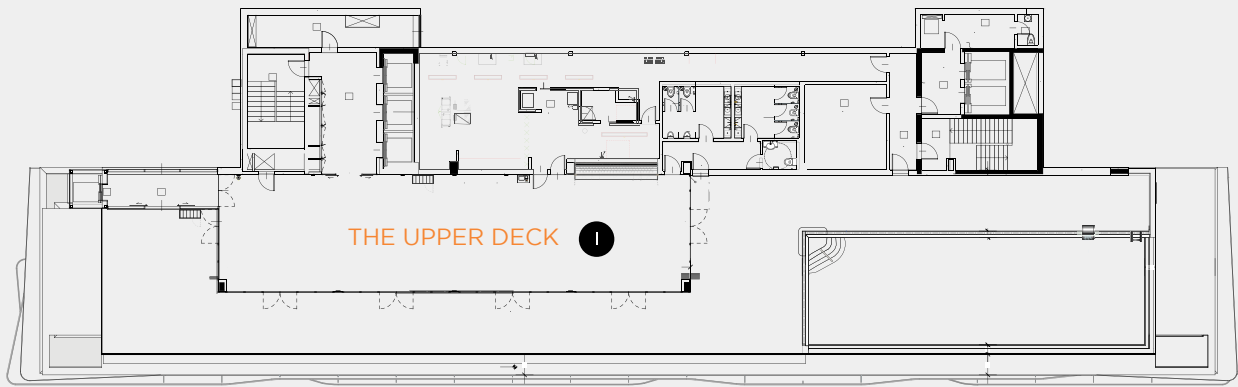
FLOOR 0

ROOM CAPACITIES AND SPECIFICATIONS

	Area	Dimensions	 Theatre	 Classroom	 Cabaret	 U-shape	 Banquet	 Buffet	 Cocktail
THE SOCIAL ROOM	226 sqm	13,54 x 18,1 m	195	135	105	57	150	120	220
THE PATIO	400 sqm	14 x 25 m	220	150	126	-	240	240	380

FLOOR 7

GENERAL CHARACTERISTICS










Total Area
145 sqm

1 | The Upper Deck 145 sqm

FLOOR 7

ROOM CAPACITIES AND SPECIFICATIONS

	Area	Dimensions	 Theatre	 Classroom	 Cabaret	 U-shape	 Banquet	 Buffet	 Cocktail
THE UPPER DECK	145 sqm	6 x 26 m	135	-	-	-	90	70	140

BLEISURE

PERFECTLY COMBINE BUSINESS COMMITMENTS
WITH LEISURE ACTIVITIES

The multiple facilities of EVOLUTION Cascais-Estoril allows you to perfectly combine business commitments with social and leisure activities in a single trip.

We have the ideal conditions, services, facilities and location for Team Building, Stress Management, Sleep Regulation, Mindfulness and Personal Growth activities.



We guarantee:

- / Comfortable, creative and fully dedicated spaces for the development of professional activities and corporate events;
- / Technologically advanced connection facilities;
- / Concierge service and local recommendations;
- / Wellness and fitness facilities totally focused on well-being and relaxation;
- / Daily entertainment;
- / F&B services fully adapted to the segment.

WHATSAPP EVOLUTIONERS GROUP

A COMMUNICATION CHANNEL IN WHATSAPP FOR EVOLUTIONERS

EVOLUTION Cascais-Estoril makes available a communication channel on WhatsApp for EVOLUTIONERS - the members of your community.

Access to the WhatsApp group "EVOLUTIONERS" is subject to sending an invitation through various touchpoints.

In this group all the events and the set of exclusive benefits for members are pre-announced.



SANA CARD

COLLECT EXCLUSIVE BENEFITS AS A PREFERRED CUSTOMER

The SANA Card is designed exclusively for companies and their employees, so they can benefit from a 15% discount off the Best Available Rate on business or leisure trips throughout the SANA chain (Portugal, Germany, and Angola).

The SANA Card offers a wide range of exclusive benefits, such as additional discounts in restaurants, VIP treatment upon arrival, and free parking.



Advantages and Benefits_

- 15% on the Best Available Rate on accommodation in all SANA Hotels
- 10% discount in all SANA Hotels' restaurants and bars (up to 9 people)
- 10% discount on SAYANNA Wellness & SPA
- 10% Laundry and ironing service in the Hotels (whenever you stay)
- VIP treatment upon arrival
- Access to Digital Newspapers & Magazines
- Access to SANIA, the digital assistant
- Parking included (whenever you stay, and subject to hotel availability)
- Dedicated team for your reservations through SANA Contact Center by phone (+351 212 468 688) or e-mail (reservas@sanahotels.com)

A close-up photograph of a woman's hands holding a martini glass. The glass contains a light-colored, bubbly drink with a garnish. The woman is wearing a white, spaghetti-strap dress and a thin necklace. The background is softly blurred, showing another martini glass. The overall mood is elegant and sophisticated.

ENTERTAINMENT

Our agenda is creative
and vibrant.

THEMED PARTIES

PARTIES, ENTERTAINMENT AND CELEBRATION ARE PART OF OUR ADN

Parties, entertainment and celebration are part of EVOLUTION Cascais-Estoril's DNA. On the rooftop overlooking the Atlantic Ocean, on the main floor or in the spaces dedicated to well-being, the end of the day is always to the sound of our DJs or with live music, in a sophisticated atmosphere.

Some of our parties

- / Work & Fun (Cocktails, Bites & Vibes)
- / Revenge The 80's at Evolution
- / Gastronomic Experiences
- / Solstice Celebration Party
- / Outdoor cinema
- / Full Moon Party
- / Longest Night on Earth
- / Wine Tasting
- / Dinner at 4 Hands
- / Dinner Talks
- / DJ agendas
- / Oscars Night
- / Workshops (Cocktail - Do it yourself)
- / Wine Moments
- / Beer Moments
- / Standup Comedy
- / Live Music



PLAYLIST

LISTEN TO THE SOUND OF EVOLUTION

At bedtime or wake-up, at the gym or on the beach, every moment of our life has its own vibe.

In the EVOLUTION playlist on Spotify you will find the right soundtrack for each of these moments. All you have to do is choose the mood and enjoy every last song.

In EVOLUTION Cascais-Estoril it is no different and, therefore, we have created a set of playlists that define the mood of each space and each moment.



**OUR
MUSIC MAKES
EVERYTHING
BETTER**





CO-WORKING

THE LIVING ROOM,
where the surrounding space
inspires you to work.

CO-WORKING

THE LIVING ROOM, WHERE THE SURROUNDING SPACE INSPIRES YOU TO WORK

Our co-working space located in the open space THE LIVING ROOM and THE PATIO provides an inspiring and relaxed atmosphere that helps develop productivity.

With natural light and adequate air conditioning, this open space, promotes the sharing of ideas between the community, while providing the necessary privacy to each user. Relaxing, having a drink or a light meal is always possible at the bar, The Kitchen restaurant or GRAB&GO.

To relax or recharge your energy, the gym is open 24/7 and the incredible spa and wellness space, Wellness by SAYANNA, is always a good option. At the end of the day, there's always something going on, it's worth checking the schedule and entertainment programme.



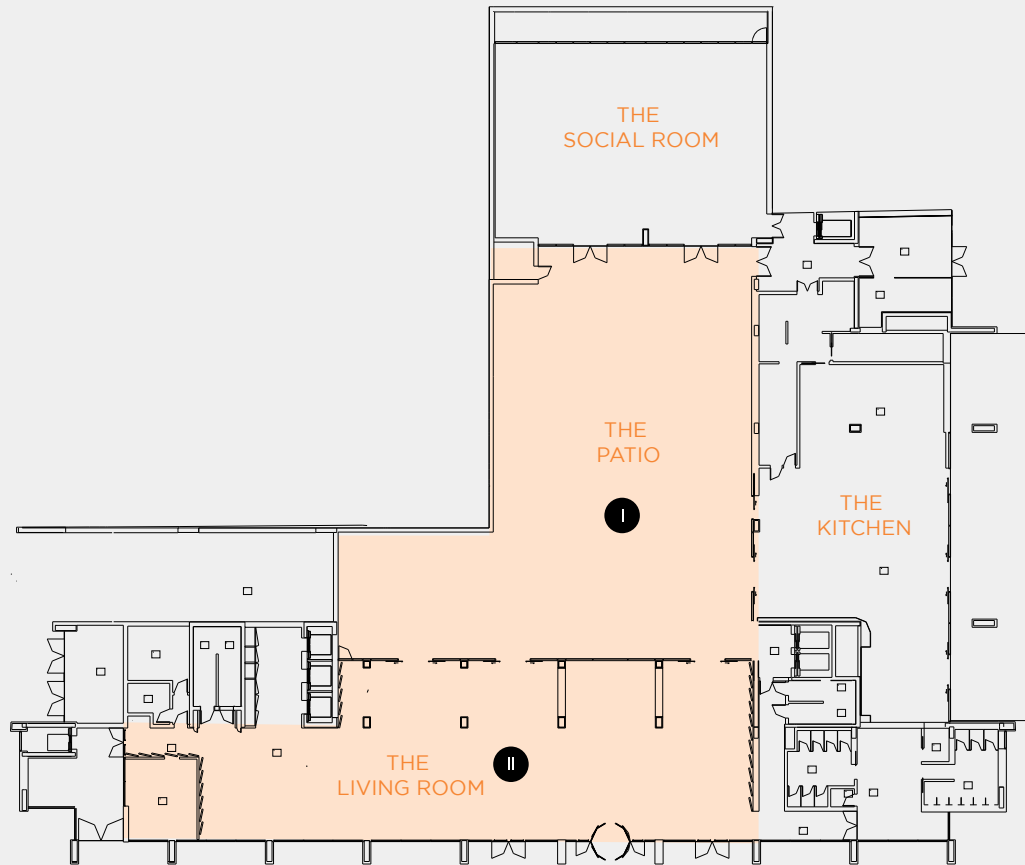
1x WORKING VISIT €30/PERSON

5x WORKING VISIT €90 /PERSON

Advantages and Benefits_

- Access to the gym by reservation
- Complimentary coffee, tea and water
- Access available 24/7
- Individual Power Station
- Reserved Workspace
- Free Printing & Scanning
- 10% discount on Restaurants and Bars
- 10% discount on Meeting Room Booking
- High speed Wi-Fi
- Receive up to 3 guests per day
- Online press access
- Free Parking
- Entertainment Agenda (DJ & live music)

ÁREA DE CO-WORKING



Co-working Area

I | The Patio

II | The Living Room



SOCIAL EVENTS

EVOLUTION Cascais-Estoril is the perfect host to bring family and friends together. Birthdays, theme parties, baptisms or even weddings, everything is possible.

SOCIAL EVENTS

SPECIAL MOMENTS DESERVE TO BE CELEBRATED
IN PLACES THAT CREATE GOOD MEMORIES

With a premium location by the sea, in the most noble area of the Line, EVOLUTION Cascais-Estoril is perfect for bringing family and friends together, in a setting full of sophistication.

Birthdays, theme parties, christenings or even weddings, everything is possible in our modern and flexible spaces, with latest generation audiovisual systems and intelligent lighting.

THE SOCIAL ROOM is fully equipped with the most advanced technology and accommodates up to 220 guests. The spacious THE PATIO is a covered outdoor space that can be fully customised and adapted to your event. Finally, THE UPPER DECK, located on the 7th floor, is a trendy rooftop with an extra touch of sophistication.





EAT & DRINK

Contemporary and creative
gastronomic experiences.

FOOD AND BEVERAGE

FOUR GASTRONOMIC ENVIRONMENTS

The EVOLUTION Cascais-Estoril has 4 different restaurant spaces: The Restaurant and Terrace “The Kitchen”, “The Living Room”, “The Patio” and “The Upper Deck” on the 7th Floor.

Four diversified gastronomic environments, with conscious and consensual concepts of the world and for all tastes, promoting local production and collaboration with responsible suppliers.



_ THE KITCHEN (OUTDOOR)



_ THE KITCHEN



A photograph of a man and a woman in a spa setting. The man is in the foreground, lying down and smiling, wearing a white robe. The woman is in the background, also lying down and smiling, wearing a white robe. The scene is dimly lit, creating a relaxing atmosphere.

WELLNESS BY SAYANNA

Inspired by the philosophy of “East meets West”,
Wellness by SAYANNA is a true haven of well-being.

WELLNESS BY SAYANNA

RELAX, RENEW ENERGY
AND RESTORE WELL-BEING

On the 6th floor of the EVOLUTION Cascais-Estoril hotel, 700sqm of wellness, with a fabulous panoramic view over the sea, are waiting for you.

Here you will find Wellness By SAYANNA and VOYA products - an innovative and certified organic brand based on algae. Plus, our 24/7 FITNESS space. Together, they are the perfect invitation to well-being, to a holistic and sensorial experience to stay balanced and energised when you need it most.

Discover our 4 treatment rooms, the heated indoor vitality pool with hydromassage chairs/beds and volcanic massage jets, as well as the sauna, steam room, ice fountain and multi-sensorial showers.

- / 4 treatment rooms (1 room for couples)
- / Heated indoor pool
- / Sauna
- / Steam bath
- / Sensory shower



Treat yourself to a unique
experience of well-being,
where time is of no
importance.



EXCLUSIVE FOR EVOLUTIONERS

THE EVOLUTIONER JOURNEY BY VOYA

90 min | €220,00

The ultimate muscle tension relief SPA luxury treatment. A full body relaxing massage, from head to toes, that includes facial massage, stretching and massage techniques that simulate ocean waves, that switch from stimulating to the soft and relaxing.

SAND & SEAWEED EVOLUTION WITH VR BY VOYA

120 min | €350,00

Unlike any other seaweed SPA treatment, this immersive detoxification therapy truly astonishes with the use of fresh and biological seaweed leaves, hand-picked directly from the Atlantic Ocean to wrap the entire body into a brilliant cleansing and blissful treatment. To further boost the anti-inflammatory, relaxing and detoxifying properties of the ritual, this treatment is performed in a quartz sand bed, creating the perfect connection between land and sea, and accompanied by a virtual reality experience.

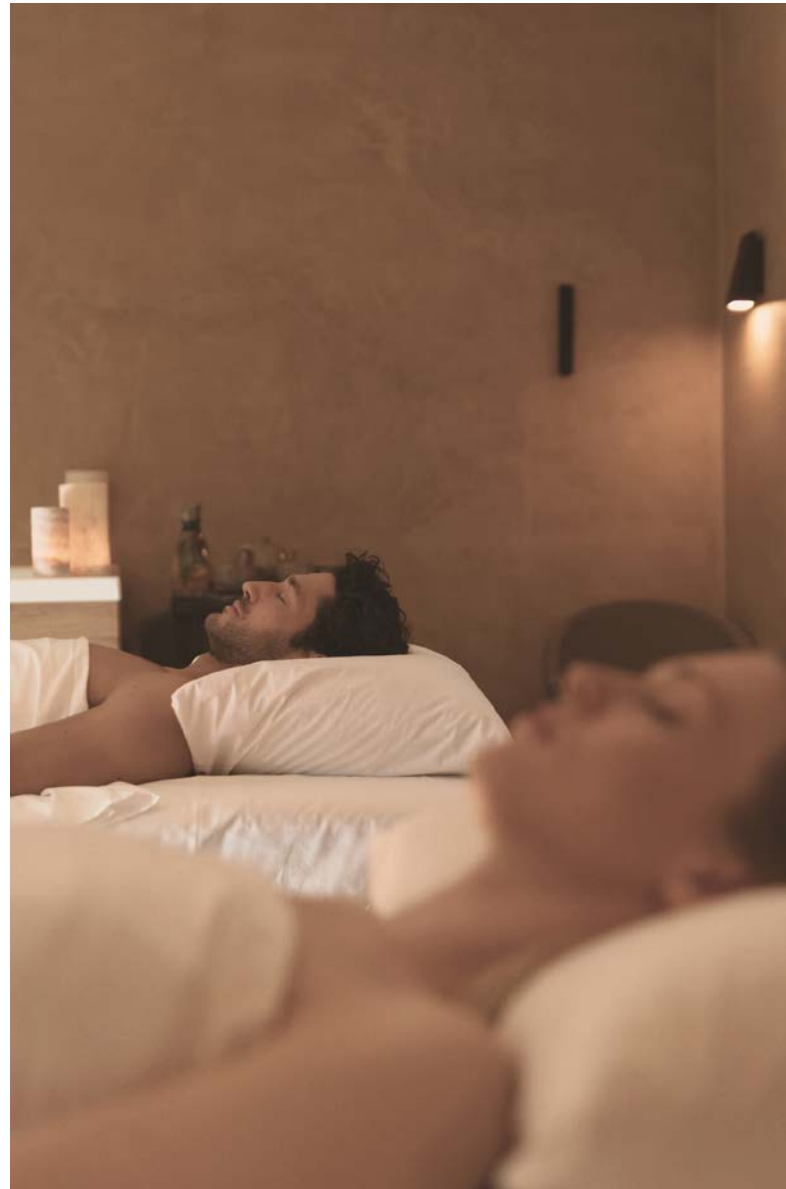
THE ATLANTIC EXPERIENCE FOR 2

240 min | €780,00

Imagine the most exclusive room for two, with unparalleled Ocean views with and an incredible sunset. This SPA experience for two delivers all that and combines the best of all worlds, with a relaxing aromatherapy massage for two at the Wellness Suite followed by exclusive use of Jacuzzi with Champagne and then a private romantic candlelight dinner served on the balcony with the Ocean just there for you.

PROGRAM:

- 6.00 P.M. > Mindful Massage for two (75 min)
- 7.15 P.M. > Exclusive use of Jacuzzi with Champagne (45 min)
- 8.30 P.M. > Private dinner served on the Wellness Suites' balcony*, set menu 3 courses (120 minutos)



*Subject to weather conditions

SAYANNA HERITAGE

SAYANNA MASSAGE

90 min | €210,00

The epitome of body and mind relaxation, this signature massage combines different deeper massage techniques with long acupressure movements, combined with the power of aromatherapy together with the penetrating heat of warm basalt stones.

SAYANNA TAILORMADE RITUAL

90 min | €220,00
120 min | €280,00

Inspire yourself with the relaxing and rich philosophy of SAYANNA and create your own treatment, completely tailor-made. Define your goals through a selection of 4 different treatments combinable between them, select the time you wish to spend at the SPA and start your journey towards a new you with a private consultation with our experienced therapists. We will ensure you will feel exactly as you wish.



BODYWORK

UNWINDING MASSAGE 60 min | €40,00 75 min | €70,00

The classic relaxing swedish massage, with light medium pressure, totally personalized in the areas to focus on, that will leave anyone floating with the sea breeze.

INVIGORATING MASSAGE 60 min | €50,00 75 min | €80,00

Deeper massage techniques applied in this treatment towards the reduction of muscle tension and working on the deeper muscle knots.

MUSCLE RECOVERY MASSAGE 60 min | €50,00 75 min | €80,00

The combination between different massage techniques with different intensities, with stretching and pressure points, result in the best sports recovery massage for those with tense muscles and in need of a muscle and joint release.

MINDFUL MASSAGE 60 min | €50,00 75 min | €80,00

This aromatherapy massage is totally tailor-made where you can select the essential oil to use, according to your own specific need for the day.

BALANCING MASSAGE 75 min | €80,00

This massage uses warm basalt stones that are heated at different temperatures, with the application of warm stones in key points of the body to stimulate the blood and lymphatic flow.

ORGANIC ORIENTAL MASSAGE BY VOYA 60 min | €50,00

A full body massage with oriental influences that uses Pindas, small heated bags of orange, clove, ginger and seaweed, used to softly massage the entire body and slowly release precious seaweed oils. A combination of the best biological ingredients that softly massage, exfoliate, and hydrate the skin.

ORGANIC MOTHER TO BE MASSAGE BY VOYA 60 min | €40,00

A beautiful draining and relaxing body massage with especially selected oils for pregnancy, that ends with a fantastic head and face massage.

ADD-ON each 15 min | €30,00

DEEP RECOVERY

POWER NAP WITH VIRTUAL REALITY

20 min | €60,00
35 min | €95,00

In a zero-gravity position with virtual reality, relax your body and mind and enter a state of absolute relaxation, taking advantage of every single minute of this power nap, combined with head, neck and shoulders massage, or feet reflex points, and aromatherapy, in your selected universe. The perfect duration for total relaxation and to stimulate creativity, awareness and focus for the rest of the day.

MINDFUL BREAK

30 min | €80,00
45 min | €110,00

Perfect for times of intense stress, this treatment helps to calm the mind, focus, and stimulate overall well-being.

OFFICE TENSION RELIEF

30 min | €80,00
45 min | €110,00

Focused on your most affected areas from the digital era, either from the excessive use of mobile phones or laptops, this massage will bring you fast benefits in your physical condition, especially in the areas most affected by this activity: back, shoulders, arms, forearms, hands and fingers.

IMMUNE BOOST

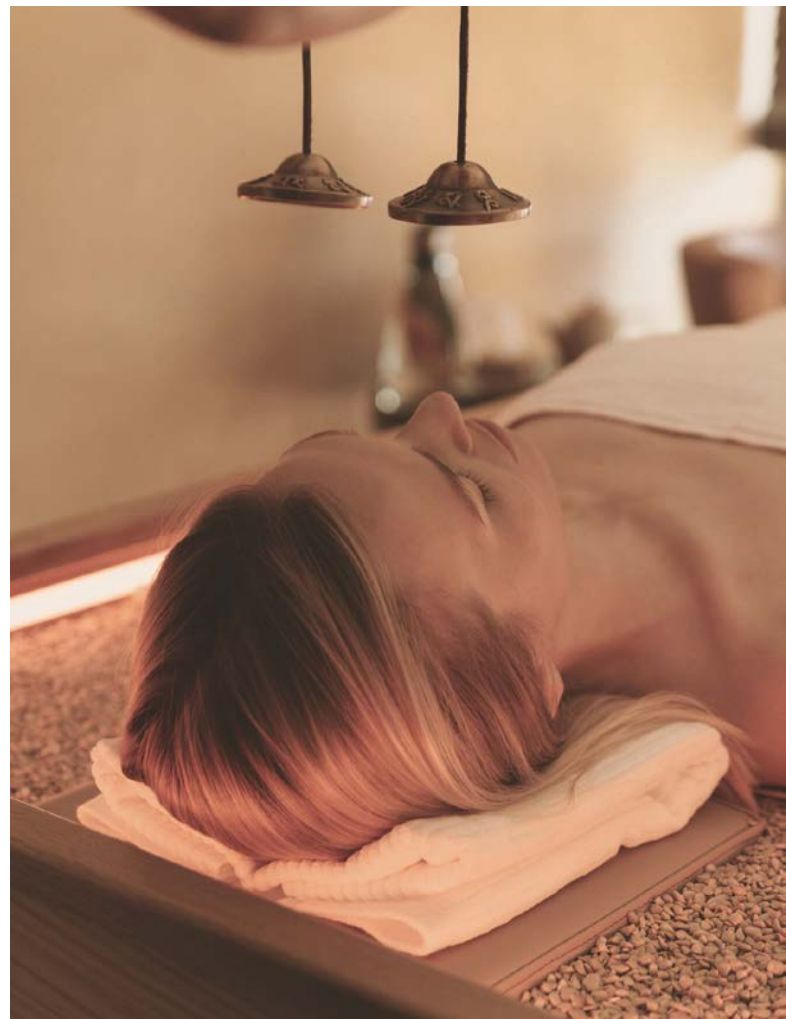
75 min | €150,00

Combination between a full body scrub with the application of techniques and essential oils to stimulate the internal cleansing of the body and reinforce the immune system through a pressure points massage applied to back, hands and feet to relax body and mind.

VIRTUAL REALITY ADD-ON

no additional
time | €30,00

Add this amazing Virtual Reality experience and combine the best and most relaxing location for you with options of guided meditation, music and aromatherapy, while enjoying the best of Wellness by SAYANNA treatments.



BODYCARE

TAILORMADE SCRUB

45 min | €20,00

Feel fresh and hydrated with this body treatment that assists in the elimination of toxins in your body. This treatment is totally personalized in the selection of ingredients to use:

OPTIONS:

1. Luxurious Salt Scrub
2. Lavender, Sugar and Seaweed Scrub
3. Peppermint, Sugar and Seaweed Scrub

OCEAN ESSENCE SCRUB & WRAP

75 min | €90,00

This treatment consists of a body exfoliation and wrap, and combines the detoxifying power of *Fucus serratus* algae and the cellulite-reducing ability of *Laminaria digitata* algae. Stimulates blood and lymphatic flow, deeply detoxifies and hydrates while stimulating cell renewal. It is an excellent skin rejuvenator that fights cellulite and fatigue and produces an immediate moisturizing and comforting effect.



ORGANIC SKINCARE

TAILORMADE FACIAL TREATMENT

60 min | €40,00

Through an assessment of your skin, we will customize this treatment according to your needs. Suitable for all skin types, dry, mixed or oily. It includes a relaxing facial massage that helps eliminate toxins and increases the skin's luminosity, restoring it to a healthy and radiant appearance.

ORGANIC ANTI-AGE FACIAL

75 min | €70,00

This treatment is suitable for all skin types, especially those looking for anti-aging results. This rejuvenating facial treatment is designed to combine the action of the finest VOYA biological ingredients, rich antioxidant algae complexes and a restorative blend of aromatherapy essential oils. It's this blend of seaweed and botanicals that help stimulate collagen production and reduce the appearance of fine lines and wrinkles. The result is immediately firmer skin, with a natural glow and radiant appearance.

ORGANIC DELUXE FACIAL EXPERIENCE

90 min | €220,00

This treatment starts with a relaxing back massage to induce relaxation and gently eliminate muscle pain. This facial includes a 20-minute massage to deeply hydrate the skin, followed by the application of a dual-action face mask and strips of Laminaria digitata seaweed. This treatment leaves facial skin feeling rejuvenated and hydrated, the appearance of deeper wrinkles is reduced and the skin's texture is instantly hydrated and filled.

EXPRESS FACIAL

30 min | €30,00

A facial treatment that promotes nourished, soft and hydrated skin. Can be combined with other treatments as an add-on.



FACIAL EXTRACTION SESSION - ADD-ON

15min | €30,00

WELLNESS FOR 2

WELLNESS EXPERIENCE FOR 2

120 min | €480,00

Immerse yourself in the most amazing massage for two with the signature SAYANNA massage in the breathtaking Wellness Suite, and finish with an exclusive jacuzzi immersion with 2 flutes of champagne and chocolates.

MASSAGE FOR 2

60 min | €300,00

In our E.Suite SAYANNA we have created the perfect environment to enjoy a super hydrating massage for two that will leave you both more relaxed than ever before. Ends with a champagne toast for two.



FIT & HEALTHY

PERSONAL COACH

30 min | €75,00
60 min | €95,00

Enjoy a tailor-made personal training session with one of our certified Personal Trainers. Personal Training and Wellness Sessions packages are available for more and faster results.

PERSONAL TRAINING (PACKS)

Pack 4 sessions	30 MIN €275 60 MIN €360
Pack 8 sessions	30 MIN €530 60 MIN €700
Pack 10 sessions	30 MIN €660 60 MIN €840
Pack 20 sessions	30 MIN €1200 60 MIN €1620

WELLNESS SESSIONS

60min | €15,00

Yoga, Pilates



WELLNESS VITAL 4 ALL

WELLNESS VITAL

We believe in the EVOLUTION of Wellness. And we believe that should be available to everyone, as a complement to life, health and well-being.

We regularly offer, at the Wellness by SAYANNA of EVOLUTION Cascais-Estoril, wellness sessions at sunrise and sunset, aiming to invigorate, stimulate, focus, relax and balance body and mind of our Evolutioners.

✓ **SUNRISE ACTIVITIES:**

- Yoga
- Meditation
- Sunrise Stretching
- Run by the Beach
- SUP Yoga
- SUP Pilates
- SUP Fitness

✓ **SUNSET ACTIVITIES:**

- Yoga
- Meditation
- Sound Healing Session
- Sunset Stretching



Check the monthly activities calendar at EVOLUTION Cascais-Estoril to reserve your presence at your preferred session.

WELLNESS VITAL 4 ALL

WORKSHOPS

Included in the Evolution tribe's monthly Workshops program, Wellness by SAYANNA offers workshops in:

- Better Sleep
- Healthy Nutrition
- Diets Trends
- Meditation
- Mindfulness
- Body Lab
- Skincare Solutions (face and body)
- Thermal Area Benefits



Check the EVOLUTION Cascais-Estoril activities calendar and book your presence at the selected workshop.

CORPORATE

BENEFITS FOR COMPANY'S EMPLOYEES

Follow the example of the best companies and give your employees access to the best conditions for their well-being, receiving in return increased productivity, motivation, and reduced absence:

- 10% discount on treatments*
- 10% discount on SPA products
- 10% discount on all membership options**

BENEFITS FOR THE COMPANY

Reward the best performing employees with well-being, and you will certainly have the best and most productive ones always on your side:

Gift Vouchers***:

1-25 gift vouchers / -10% discount

26+ gift vouchers / -15% discount

Day passes to the SPA****:

1-15 day passes / -10% discount

16-50 day passes / -15% discount

50+ day passes / -20% discount



CONDITIONS

* Excludes aesthetic treatments. Discounts valid for all SAYANNA Wellness & Spa in Portugal. ** Valid for subscriptions contracted with monthly direct debit monthly by direct debit in a contract valid for 1 year. *** The gift vouchers can be of a value or specific treatments, subject to the conditions of the SAYANNA Wellness vouchers of each unit. **** Valid for Spa entries for 1 day during normal opening hours. Discount applied only to entries purchased together. Tickets valid for use in the unit where they are purchased.

TEAM BUILDING

Get your team at peak performance and gather them as a whole or in groups for general motivation and well-being promotion, with physical exercise and mindfulness activities with our experienced team.

ACTIVITIES MAY INCLUDE:

Running club

Circuit Training

Yoga

Pilates

Beach Exercise

SUP

SUP Yoga

SUP Pilates

SUP Fitness

Surf

Meditation

Mindfulness

1-12 participants / 150€

13-25 participants / 260€

26-50 participants / 460€



CONDITIONS:

Subject to the activities available in each unit and to availability upon reservation. Activities contracted on a weekly basis benefit from an additional 10% discount when hired on a monthly basis, using the unit where they are acquired.

WELLNESS MEETINGS & EVENTS

MINDFULNESS & FITNESS

DURING MEETINGS

Stretching

Mindfulness

10/15 minutes sessions

BEFORE AND AFTER MEETINGS

Running Club

Circuit Training

YOGA

Pilates

Beach Exercise

SUP | SUP Yoga | SUP Pilates | SUP Fitness

Surf

Meditation

Mindfulness

60 minutes sessions

SPA & GYM PRIVATIZATION

Hour €150 / Day €600

EXTRA HOUR OPENING

Hour €150

BODY & MIND

DURING MEETINGS

Chair Assisted Stretching

Chair Massage

10/15 minutes sessions inside meeting room or during coffee breaks

1 Fitness Instructors or SPA Therapists SPA €30/hour

2 Fitness Instructors or SPA Therapists €240/hour

3 Fitness Instructors or SPA Therapists €330/hour

4 Fitness Instructors or SPA Therapists €400/hour

BEFORE AND AFTER MEETINGS

Relax Massage, Muscle Recovery Massage or Tailormade Facial

20, 30, 45 and 60 minutes sessions

20min / participant €46

30min / participant €66

45min / participant €92

60min / participant €120

CONDITIONS:

Exclusive conditions for group reservations, starting from 10 people / All group service reservations must be made at least 15 days in advance / The terms and conditions for access to each SAYANNA, as well as the maximum capacity of each space, apply to all reservations / The privatisation does not include massage services or treatments. All treatments acquired during the exclusivity benefit from a 35% discount on the list price RRP (Recommended Retail Price). The time limit for privatisation or extra opening hours is until 11pm. / Treatments that can be booked with a 35% discount during privatisation do not include aesthetic treatments. / The booking of fitness activities is subject to the availability of spaces in the hotel and the respective booking fee. / The maximum capacity for individual treatments at the same time is 5 people.

WELLNESS RETREATS

WOMEN RISING TIDE RETREAT | 5 NIGHTS

There is growing evidence that a healthy diet and lifestyle, along with regular exercise and time off, can help to alleviate the symptoms of menopause.

Even more so when you connect with the ocean in our coastal paradise of Estoril and with VOYA's organic products.

DAY 2 - VOYA NOURISH TIDE

Welcome Fennel tea to detox

Coastal Walk with breathing session

Thermal experience to boost skin receptors

VOYA Nourishing Cocoon

Wellness lunch to boost your collagen

DAY 3 - VOYA GROUNDING TIDE

Welcome Chamomile Tea to calm

Sound Bath Session

Full access to the spa

VOYA Grounding session

Visit Spa garden to place your seaweed ritual, plant your intention for the week or even for your year of fruition.

DAY 4 - LEISURE TOUR

Sintra Tour by Jeep



DAY 5 - FORTIFY TIDE

Welcome Peppermint tea to boost

Stretching experience with Yoga Session

Bespoke Thermal experience to boost immunity and breathing (or seaweed bath)

VOYA Fortify Tide Treatment

WELLNESS BY SAYANNA

Access to all WELLNESS by SAYANNA SPA & Fitness facilities, as well as to the Wellness VITAL activities.

All these activities are subject to availability and prior booking. Prices upon request.

WELLNESS RETREATS

YOGA ESCAPE | 3 NIGHTS

Find all the benefits of practising yoga: a more flexible, stronger body and a peaceful mind. Achieve a zen state through a programme specially designed for you.

DAYS 1 THROUGH 4

4 YOGA sessions

1 Breathing Workshop

1 Unwinding Massage

WELLNESS BY SAYANNA

Access to all WELLNESS by SAYANNA SPA & Fitness facilities, as well as to the Wellness VITAL activities.



All these activities are subject to availability and prior booking.
Prices upon request.

WELLNESS RETREATS

MINDFULNESS BREAK | 6 NIGHTS

Learn to appreciate the present and find new meaning for a happier, healthier life.

DAYS 2 THROUGH 6

5 Mindfulness Sessions

1 Breathing Workshop

1 Unwinding Massage

2 Mindful Massage

1 Sunset Beach Guided Meditation
with wave contemplation

WELLNESS BY SAYANNA

Access to all WELLNESS by SAYANNA SPA & Fitness facilities, as well as to the Wellness VITAL activities.



All these activities are subject to availability and prior booking.
Prices upon request.

WELLNESS RETREATS

DIGITAL DETOX | 4 NIGHTS

Detoxifying your body and mind is the first step to improving your health. Feel lighter, refreshed and ready for the next stage of life. Leave your mobile phone safe with us and disconnect from social media and the world for 3 days.

DAYS 2 THROUGH 4

3 Guided Meditation Sessions

1 Breathing Workshop

1 Conscious movement session

1 Mindful Break Treatment

1 Digital Tension Relief Treatment

WELLNESS BY SAYANNA

Access to all WELLNESS by SAYANNA SPA & Fitness facilities, as well as to the Wellness VITAL activities.



All these activities are subject to availability and prior booking.
Prices upon request.

WELLNESS RETREATS

OCEAN WELLNESS | 5 NIGHTS

Connecting with the Ocean is to connect with life in its purest form. Let us help you in this journey, with an immersive and personalised wellness retreat.

DAYS 1 THROUGH 6

2 Beach Exercise Sessions

1 Ocean SUP Session

1 Sunrise Beach Yoga session

3 Sunset Guided Meditation Sessions

1 Ocean Cleaning Private Workshop

1 Sand & Seaweed Evolution with VR by VOYA

WELLNESS BY SAYANNA

Access to all WELLNESS by SAYANNA SPA & Fitness facilities, as well as to the Wellness VITAL activities.



All these activities are subject to availability and prior booking.
Prices upon request.
Some activities might change due to weather conditions.

ACCESS INFORMATION

ACCESS

We recommend that you arrive at least 15 minutes prior to the reserved time in order to, calmly, fill the registration form and prepare yourself to start the treatment at the time that was especially reserved to you. Access to SPA facilities is exclusive to guests older than 16 years old. The SPA will provide towels, slippers, bathrobes and all amenities required to enjoy the facilities during your visit. We would like to invite your hotel guests to arrive at the spa wearing the bathrobe and slippers provided in the room.

SPECIAL HEALTH CONSIDERATIONS

You will be requested to fill a registration form and some health and wellness questions, relevant to your treatment. Please notify our reservations department in case you have any special request, allergy, physical condition or if you are pregnant, in order for us to better advise you upon your reservation and treatment.

RESERVATIONS

It is always recommended to book treatments in advance to ensure you receive the treatment you want at the time you want.

LATE ARRIVALS

With your booking, you will be sent a confirmation with our contact details, which we would be grateful if you could use if you are running late. If this is not possible for you and you are late for your booking, we will do our best to ensure that you receive the best possible treatment for the remaining time.

CANCELATIONS

With your booking you will be informed of the cancellation policy in force. Cancellations or changes to bookings must be communicated at least 12 hours in advance. If not, 50% of the treatment fee will be charged, and if you do not show up, 100% of the treatment fee will be charged.

GIFT VOUCHERS

Gift vouchers for treatments, programs, day passes and products, are available to purchase from our SPA reception. Gift Vouchers are non-refundable and must be presented at the time of the treatment or product purchase.

SPA ENVIRONMENT

Our SPA environment is a tranquil and relaxed one. Please respect all SPA guests' right to privacy and serenity. We kindly ask you, in consideration to other guests, to switch off or silent your mobile phone while at the SPA.

ACQUA ZONE

For all guests, access to the SPA - sauna, steam room, experience showers, ice fountain, vitality pool and gym - is included. For non-guests, access to the SPA is guaranteed with any treatment booking of duration of 60 minutes or more or by acquisition of a daily pass.

CHILDREN AND YOUNG ADULTS

Wellbeing is for all ages, although, we kindly ask you to understand that SPA facilities are exclusive to adults, over 16 years of age. Treatments for children under 12 years old must be authorized and performed in the presence of a parent or legal tutor. Treatments for young adults, between 12 and 16 years of age, must be authorized by a parent or legal tutor.

LOST ITEMS

The EVOLUTION Cascais-Estoril cannot be held responsible for the loss of goods left on its premises, whether before, during, or after the event.

DAMAGES

The guest will assume full responsibility for any damage, loss or cost, including damage to property and/or personal injury to Hotel employees or other guests of the Hotel who are at other events or in use of Hotel facilities.

A hand is shown on the right side of the image, interacting with a complex digital network. The network consists of numerous glowing nodes connected by thin lines, creating a web-like structure. The nodes are primarily blue and yellow, with some orange and red highlights. The background is dark, with a gradient from black at the top to a lighter blue-grey at the bottom. The overall aesthetic is futuristic and technological.

SAN.IA

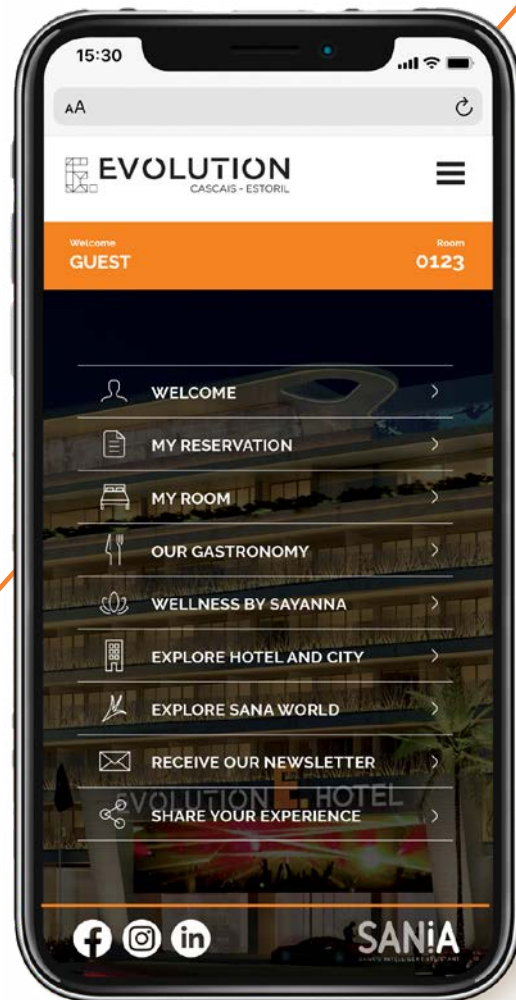
WELCOME
TO THE FUTURE



YOUR HOTEL IN THE PALM OF YOUR HAND

Hello,
this is SAN.IA, your Intelligent Assistant at SANA Hotels. It is here to welcome you to EVOLUTION Lisboa and bring all the hotel services in your hands.

Discover how easy and quick it is to access all the hotel services, from your mobile device. Just read the QR code and, through our web app, you can make your wishes, make special requests and access information. All to maximise your time and make the most of every moment of your stay.



**Everything SAN.IA
can do for you_**

- Manage your Reservation
- Room Service
- Restaurant Menus and reservations
- Services related to your stay
- Extra services
- Information about SANA World



SANA WORLD

A WORLD
OF UNIQUE
SENSATIONS

SANA HOTELS

THE PERFECT WORLD TO EXPERIENCE UNIQUE SENSATIONS

SANA Hotels are perfect for those who like to experience unique sensations. More than a Hotel chain, it is a group of exclusive concepts, a multisensory experience where each hotel unit has its own personality, distinct nuances, sensations and tones.

We provide unforgettable moments, always guaranteeing comfort and quality, exceeding your expectations.

Explore all the other properties that are part of the SANA world_



SANA NO MUNDO

EVER-EXPANDING



* Coming soon

SANA world is continually expanding, signing unique hotels, each one with its own personality, but all always focused on providing excellent service. Discover all our properties and upcoming projects, at sanahotels.com.

CONTACT US



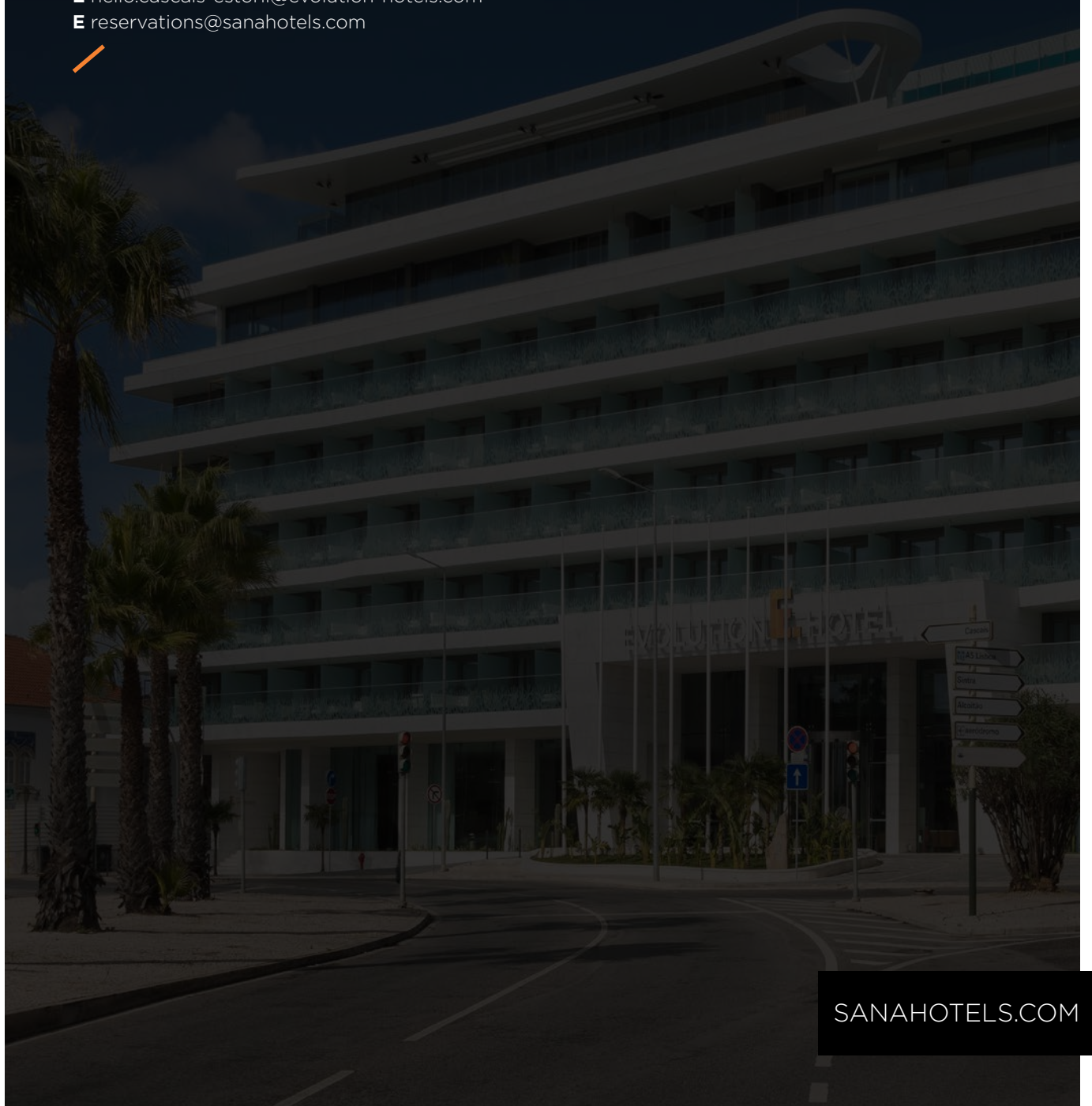
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