



ESSENTIAL  
REJUVENATION

FOR YOUR BODY & SOUL



ESSENTIAL  
FITNESS & SPA

## THE ESSENTIAL FITNESS & SPA



Come and experience a whole new sense of health and well being at Essential Fitness & Spa. Whether you prefer to have a challenging workout at the gym, a sauna or steam, spoil yourself with a day of beauty, or just relax by the pool, Essential has you covered.

Located at Boavista Resort, with the backdrop of the glorious Atlantic, you can enjoy striking panoramic views of Lagos bay and Monchique hills from the warm waters of our indoor swimming pool or jacuzzi. While you go the distance on one of our elliptical machines, or sculpt your body with state-of-the-art Technogym® equipment, you can keep your eye on the ball on one of the Algarve's most beautiful golf courses.

When you have had enough of the world around you, retreat upstairs to relax and recharge in the Essential's Spa. Set your worries and cares adrift as you enjoy a soothing aromatherapy massage or body treatment.

Essential Fitness & Spa welcomes you to experience total body wellness, with a view.