



QUINTA DA COMPORTA

Brooke Duder uncovers a Portuguese Wellness
Resort and Spa worthy of celebration

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While travel seems somewhat unreachable at the moment, it's the very thought of future escapades that bring us all the hope and inspiration we need to keep our nomadic souls intact. For this reason and many more, Quinta da Comporta is one destination worth bookmarking.



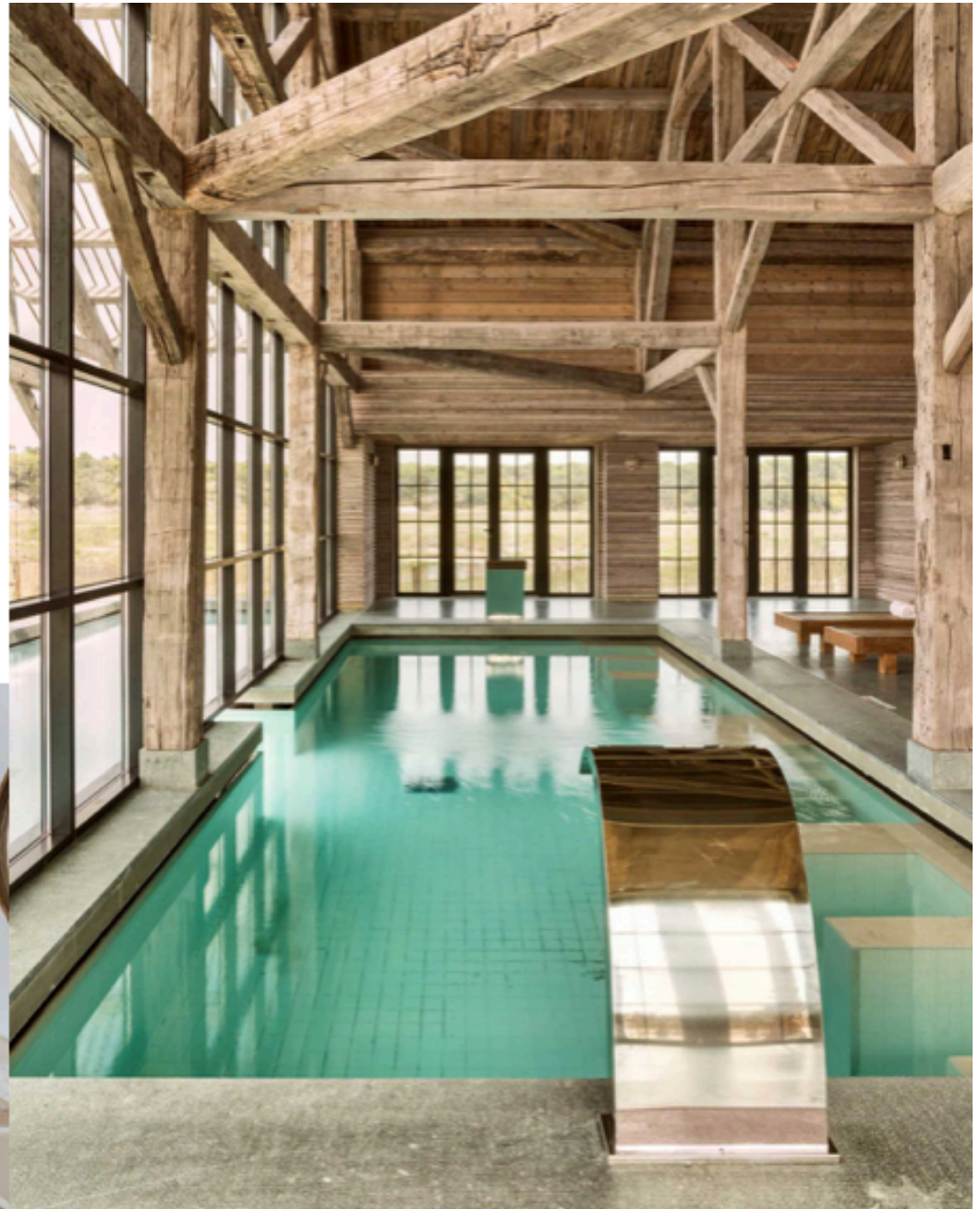
There are but few places on earth that make you feel still and at peace, yet more alive than ever before - in equal measure. Boutique Wellness Resort, Quinta da Comporta is one such place. True to the essence of Portugal itself, the resort speaks not of glitz and glam but of stunning natural beauty and effortless luxury.

One hour's drive south of the Portuguese capital Lisbon, you'll find Comporta. Here, in a privileged position between tall pines, stretches of white sandy beach, and lush green rice fields, lies the village of Carvalhal, home to Quinta da Comporta and to every guest who stays there. Sitting as a natural extension of its environment, this isn't just a resort or place to rest your head. It's a canvas for stories, memories and experiences of the most potent kind.

An aerial photograph of a resort building with multiple gabled roofs covered in thick, natural thatch. The building is constructed from light-colored wood and features a prominent white chimney. A large wooden deck surrounds the building, furnished with several lounge chairs and small tables. A rectangular swimming pool with a white border is situated on the deck. The entire complex is set on a sandy landscape with scattered green and brown shrubs. A paved road curves around the top of the building.

The resort's 73 rooms, townhouse suites and pool villas all offer unique experiences, yet deliver a cohesive narrative. One of luxurious comfort and supreme attention to interior design detail, all balanced by an ethos of elemental simplicity. The calming neutral tones connecting seamlessly with the landscape, which affords every window view. A deep sense of connection between artist and muse is always evident and this is especially true for Quinta da Comporta. Portuguese architect, Miguel Cãncio Martins, has considered the area his second home for over 40 years. Miguel letting nature herself provide the very bones of the resort with the use of salvaged natural materials from the area, such as wood, wicker, glass and stone. Décor designed by local artisans further enforce a sense of belonging.

The Oryza Spa's stark white and blue facade is a compelling invitation to what you'll discover is an incredible 800 m2 barn-like structure built with 100-year-old reclaimed wood. Inside you'll find all your luxurious spa needs: beauty atelier, sauna, hammam, heated indoor pool and outdoor infinity pool, fitness room, and relaxation area. But what underpins it all is the down-to-earth warmth vocalised by its rustic surrounds. Wellness treatments and rituals are offered from any one of Oryza's six private treatment rooms. The spa menu boasting body massages, wraps, scrubs, facials and holistic therapies such as acupuncture and fire cupping. Wellness retreats are a regular feature on the resort's event calendar, providing further opportunities for complete dedication to mind, body and soul. A continuation of the spa is its exclusive skincare range, Oryza Lab.



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Inspired by the paddy fields wrapping around the resort, the holistic skincare range harnesses the healing properties of rice. The innovation doesn’t stop there with the spa’s own modality - Rizotherapy - a holistic wellness experience that combines the benefits of rice with the spa’s signature skincare techniques.

Sustainable practices are essential to Quinta da Comporta’s DNA. Not only is it seen in the use of reclaimed material or the rice-fuelled skincare products but in the 600 m² stretch of solar panels, which allows the natural heating of the swimming pools. And of course, there are e-bikes beckoning guests to roam free and explore the local attractions. Whether that be kayaking Vala Real, the main water source of the rice fields, enjoying some leisurely wine tasting, or your intentions are even more laid back and involve hitting the nearby beach.



It wouldn't be Portugal without an abundance of fresh, seasonal food. D'Arrozal Restaurant embraces this with chef João Sousa taking great pride in Comporta and its heritage. Each dish he says "honours a local ingredient, playing on its most characteristic flavour and at the same time allows us to discover a new way to savour it." Culinary creativity at its finest. The onsite garden and orchard provide a bounty of organic veggies, herbs and fruit. Savour the mouthwatering delights and a refreshing cocktail or two while soaking up the memorising vista of rice fields for as far as the eye can see.

Imagery: Frederic Ducout | Manolo Yllera