



## **Wellness area | Information and prices**

### **Relaxation rituals**

**Total balance | 60min | 70€**

Relaxation massage designed with body and mind in mind. Made with essential oils that promote muscle relaxation, calm the mind, improve circulation and strengthen the immune system.

#### **Relax moment**

Localized massage. It promotes muscle relaxation, calms emotions, improves circulation, helps with pain relief and fluid retention.

**Back | 30min | 40€**

**Legs and feet | 45min | 50€**

**Head | 30min | 40€**

**Massage with hot Aveiro Salt Sachets | 60min | 75€**

Massage with slow, enveloping and calming maneuvers mixes with the heat of the sachets to provide you with a sensation of escape, relaxation and absolute relaxation.

**Massage with hot candles | 45min | 50€**

Delicious massage aimed at creating deep relaxation, balancing your inner energy.

### **Therapeutic rituals**

Treatment aimed at the deep relief of muscle tension with rhythmic movements and neuro-muscular and manual finger pressure techniques.

**Tired Legs | 45min | 50€**

**Tensions and contractures | 45min | 50€**

**Anti cellulite and slimming | 45min | 50€**

**Lymphatic drainage | 60min | 75€**

## **Rituals of face treatment**

### **Skin cleansing | Facial mineral exfoliator | 45min | 60€**

Treatment made with facial mineral exfoliator with moonstone extract and suspended magnetite particles. It eliminates dead cells at the surface level and smoothes the skin's turf.

### **Face treatment | Facial renewal and rejuvenation | 60min | 70€**

Treatment based on products with white truffle extracts that provides a sequential treatment for skin renewal and regrowth. Suitable for rejuvenating the skin.

### **Face treatment | Renewal of epidermal cells | 60min | 70€**

Treatment based on stemness Recovery complex TM technology that improves the environment of the skin's stem cells, their functionality, prevents premature aging and maintains the population of epidermal stem cells

## **SPA circuits**

### **Sauna and Turkish Bath | €20**

### **Sauna and Turkish Bath + Treatment (1) or (2) | 60min | 70€**

(1) – Thalgo Cold Cream Marine treatment, nourishing mask, full body

(2) - Thalgo Cold Cream Marine Treatment, exfoliating, full body

Products used: LeviSSime, Thalgo

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**Enjoying the moments of well-being that we have at your disposal requires confirmation and reservation at the hotel reception.**

**Please contact the hotel reception, ideally twenty-four hours in advance from the moment you desire to receive the treatment, to make your reservation.**

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**Thank you.**