







Therapeutic Sludges

Release stress and tension on a deep massage with focus on pain and tension points, through the application of therapeutic sludges.

35 min. | 65€

Therapeutic Pack

Full treatment that combines the application of Therapeutic Sludge with the benefits of Osteopathic Massage.

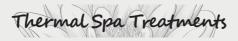
50 min. | 100€

Therapeutic Vichy

Thermal shower jets combined with a deep and localized massage. 15 min. $| 45 \in$

Massage with Osteopathic Techniques

An alternative treatment that facilitates the process of healing and rebalancing, through articular manipulations, stretches and muscle massage. $35 \text{ min.} \mid 60 \in$



Vichy Shower

Shower with several jets of thermal water and manual massage to your legs and back simultaneously. 15 min. | 2 hands 40€

Shower with several jets of thermal water and manual massage to the whole body.

25 min. | 4 hands 60€

Scottish Shower

Projection of a hot water jet that generates a deep massage, improving the blood circulation and increasing the muscular tone. $12 \text{ min.} \mid 25 \in$

"Serra do Açor" Bath

Enveloping bath in aromas of "Serra" plants associated with the properties of the thermal water for a relaxation and general well-being. 15 min. | 35€

"Alva" Freshness Bath

Hydro massage bath with fresh and nutritious action by the properties of cocoa and mint, making the skin more hydrated and strengthened. 15 min. | 35€

"Serra do Açor" Exfoliating Vichy

Perfect combination of the benefits of the Vichy shower with a gentle full body exfoliation that eliminates dead skin cells and leaves the skin moisturized and silky. 25 min. | 4 hands 65€

"Alva" Freshness Vichy

Desfrute, num só duche, de uma massagem com a combinação nutritiva do cacau e a frescura da menta. 25 min. | 4 hands 65€

"Alva" Warmth Vichy

Anti-stress and soothing massage that combines the beneficts of the thermal water with the therapeutic properties of orange and the warmth of cinnamon. $25 \text{ min.} \mid 4 \text{ hands } 65 \in$

Whirlpool Bath

A bath that beneficts your skin thanks to the properties of thermal water.

15 min. | 30€

"Alva" Warmth Bath

Enjoy a warm and soothing bath through the properties of the orange and cinnamon that relaxes the body and mind. 15 min. | 35 \in



Benefit from the thermal water properties with a Vichy Shower, a Circular Shower, a Scottish Shower and Whirlpool. 60 min. $|90 \in$

