



## Massages

**Dolce Aqua -** A soothing and revitalizing ritual, with endogenous products, in an environment suspended by the river. 90 min. | Single: 140€ Couple: 260€

**Dolce Aqua Experience -** A soothing experience, with endogenous products, in an environment suspended by the river. 60 min. | Single: 120€ Couple: 220€

**Serra do Açor** - A relaxing massage with essential oils that promotes muscle relaxation and deep well-being. 50 min. | Single: 80€ Couple: 150€

**Mil e Uma Sensações -** Perfumed experience with heated candle oil for intense skin hydration and immediate relaxation. 50 min. | Single: 80€ Couple: 150€

**Magia dos Seixos -** Pressure-based massage, performed with heated volcanic stone pindas, which relieves stress and relaxes the body.

50 min. | Single: 75€ Couple: 140€

**Estrela Nautilus -** Sensory and refreshing experience, performed with shells that improves circulation and soothes anxiety. 50 min. | Single: 70€ Couple: 130€

# **Therapeutics**

**Therapeutic Muds** - Release stress and tension in a deep, localized massage, focusing on stress and pain points, through the application of therapeutic muds.

45 min. | 70€

Vichy with Therapeutic Muds - Complete treatment that combines the anti-inflammatory effect of the therapeutic muds to the benefits of thermal water.

25 min. | 80€

**Therapeutic Vichy -** Shower of thermal water jets combined with a deep and localized massage. 15 min. | 45€

### **Therapeutics**

Therapeutic Pack - Complete treatment that combines the application of therapautic muds with the benefits of a massage with osteopathic techniques.

50 min. I 100€

Massage with Osteopathic Techniques - Alternative treatment that facilitates the healing and rebalancing process through joint manipulations, stretching and massage.

35 min. | 60€

### **Body Treatments**

**Body Scrub** - Renews your skin leaving it smooth and with a velvet touch. 35 min. | 50€

With deep moisturizing effect - 50 min. | 85€

**Dream Skin -** Free your face and body from impurities and aggressions external, leaving them nourished, light and with a velvet touch. 80 min. | 110€

**Mountain Freshness** - A treatment indicated for legs - activates blood and lymphatic circulation, eliminating toxins from the body and reducing fluid retention. 40 min. | 60€

Anti Cellulite Treatment - Draining movements that help to reduce adipose tissue, control cellulite and return firmness to your skin. 70 min. | 115€

Pack with 4 treatments | 300€

#### **Face Treatments**

**Lifting Care -** An antioxidant and anti-aging beauty ritual that leaves the skin smooth, toned and wrinkles are visibly reduced. 50 min. | 95€

**Oily Skin Care -** Effective care for skin imperfections, sebaceous secretions and rebalancing of skin functions. 50 min. | 65€

**Sensitive Skin Care -** Soothing and regenerating care that reinforces the skin's natural defense promoting a feeling of comfort. 50 min. | 65€

**Mountain Air Care -** Treatment especially suitable for normal to dehydrated skin that returns hydration, luminosity and comfort. 50 min. | 60€

**Men's Care** - A face treatment that eliminates signs of fatigue, makes the skin smoother and more flexible, with a renewed, fresh and energized appearance.

50 min. | 60€

**Conditions:** Prior booking is mandatory, for more information contact the Spa Reception. Failure to show up on the scheduled time without prior cancellation implies a charge of 50% of the treatment. Prices may change throughout the year.

#### Babies, Kids & Teens

"Sleeping Beauty" / "Little Prince" Massage - Peaceful and relaxing massage in a fragrant lavender forest created with magic oils. 25 min. | 40€

**Purifying Facial Treatment -** Anti-acne treatment that reduces pimples and controls oiliness, restoring the skin's natural balance. 35 min. | 45€

"Little Mermaid" / "Nemo" Bath - Intimate and engaging moment with your baby in a bathtub with the benefits of thermal water combined with neurosensory stimulation. It ends with a rich and smooth hydration for a soft and protected skin.

**Optional** - Synergy of essential oils designed specially to clear the baby's airways.

Up to 4 years old 25 min. | 25€

Pediatric Osteopathy- Rebalance the baby's body functions in a calm andpersonalized session,for a good development and growth.Up to 4 years old 25 min. | 45€

Magic Rain Vichy - Shower with magic water jets, in a deep blue ocean, with massage to the legs and back. From 5 to 12 years old 15 min. | 30€

OsteoKids - Complete treatment that regulates the child's physiological systems providing long-lasting well-being. From 5 to 12 years old 25 min. | 50€

# Thermal Spa Treatments

<b>Vichy Shower -</b> Shower with thermal water jets and a and back simultaneously.	manual massage to the legs 4 hands 25 min.   60€
and basic simulations.	2 hands 15 min.   40€
"Serra do Açor" Exfoliating Vichy	4 hands 25 min.   65€
Freshness of "Alva" Vichy	4 hands 25 min.   65€
Warmth of "Alva" Vichy	4 hands 25 min.   65€

Whirlpool Bathtub - A bath that benefits your skin with various thermal water properties.

15 min. | 30€

"Serra do Açor" Bath	15 min.   35€
Freshness of "Alva" Bath	15 min.   35€
Warmth of "Alva" Bath	15 min.   35€

Scottish Shower - Projection of a jet of hot water that generates a deep massage, improving blood circulation and increasing muscle tone. 12 min. 25€

**Thermal Pack** - Benefit from the properties of thermal water with a Vichy Shower, a Circular Shower, a Scottish Shower and a Whirlpool Bathtub. 60 min. | 90€