



Therapeutics

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€

Massage with Osteopathic Techniques

An alternative treatment that facilitates the process of healing and rebalancing, through articular manipulations, stretches and muscle massage.

35 min. | 60€



Thermal Spa Treatments



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 min. | 25€

“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 benefits of the thermal water with the therapeutic properties of orange and the warmth of cinnamon.

25 min. | 4 hands 65€

Whirlpool Bath

A bath that benefits 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€

Thermal Pack

Benefit from the thermal water properties with a Vichy Shower, a Circular Shower, a Scottish Shower and Whirlpool.

60 min. | 90€

