



CALHETA BEACH SPA

MASSAGES

- Face and body special Aloe Vera massage** 90 min
It balances and hydrates the skin, providing a unique feeling of lightness. The skin is nourished and you will have a lasting and deep feeling of inner peace. It detoxifies and purifies the body, removing impurities, while energizing and smoothing the skin, making it glow.
- After Sun – body care** 60 min
It freshens and replenishes sun damaged or over-heated skin, reducing body heat. An aloe vera gel wrap, softly applied on a sensitive skin, repairs the body's balance.
- Tibetan Massage – full body** 90 min
It balances the five elements, restoring harmonious energy and vitality flux. It alleviates physical and mental strain, reduces stress, restores energy, while re-establishing inner harmony.
- Tibetan Massage – back and forehead** 60 min
Ideal for releasing tensions on your head, shoulders and upper back.
- Tibetan Massage – back and feet** 60 min
Perfect for relaxing muscles, releasing tensions and built-up blockages. It helps prevent and repair body dysfunctions, by pressing the feet's reflex points, rebalancing the body.
- Anti-stress massage** 60 min
Ideal for addressing emotional fatigue. This treatment has a restorative effect, balancing and releasing built-up tension. The energy is released and the body recovers its balance.
- Back massage** 30 min
It calms the body and relaxes the mind. It relieves stress and pain, while improving blood circulation and detoxifying the body.
- Relaxing leg massage** 30 min
This massage involves manipulating and rehabilitating muscles. Appropriate for those who practice sports, to prevent and/or recover from injuries. Ideal for those who have tired and heavy legs, easing tension and muscle pain.

Full body massage **60 min**
Provides a balance between body, soul and mind. It releases tension in all parts of the body, provides a deep relaxation, while increasing your energy and rejuvenating muscles.

Energetic massage **45 min**
A revitalizing body massage. It helps release toxins, reduce fatigue and restore physical and mental strength. It promotes natural balance, leaving your mind, body and spirit with full vitality. Ideal for those feeling tired and wishing to maintain perfect body harmony.

Hot stones – full body **90 min**
It combines therapeutic techniques which provide muscle tension relief and achieve a deep sensation of pleasure, relaxation and well-being. It uses the thermal energy of basalt stones to offer you an intense feeling of relaxation.

Hot stones – back **50 min**
Relaxing massage using the thermal energy of basalt stones to release tensions, ease blockages and neutralize negative energies, promoting a state of relaxation.

Breuss massage **45 min**
It aims to realign the spine and the limbs, through specific techniques which correctly position joints, align vertebrae and allow to unblock energy and built-up toxins.

Stretching massage **30 min**
A combination of cervical, neck and shoulder stretching techniques, which help ease specific blockages, headaches and migraines.

INFORMATION

The cancellation of your massage must be made at least up to 24 hours prior to the appointment.

For appointments or any additional information, please, contact the hotel desk.

All prices include VAT, at the legal rate in force. Prices may be altered without previous notice.

BEAUTY & COSMETIC TREATMENTS

DEPILAÇÃO | WAXING SERVICES

Upper Lip, Eyebrows & Chin	30 min
Face	30 min
Underarms	20 min
Bikini	30 min
Full Bikini Wax	35 min
1/2 Leg	30 min
Full Legs	60 min

GEL FINGERNAILS

Gel Nail Extension Application	90 min
Gel Application	90 min
Gel Polish Application	75 min
Gel Removal	

GEL TOENAILS

Gel Polish Application	60 min
Gel Polish Removal	

MANICURE & PEDICURE

Manicure	30 min
Simple Manicure	15 min
Pedicure	45 min
Simple Pedicure	15 min

MAKEUP

45 min



CALHETA BEACH

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