

CARE AND HARMONY IN THE SMALL DETAILS

RITUALS

AR - Gentle Breeze 80' | 90€

Comforting escape from the gentle breeze of mint and lavender, combined with a localized massage and nourishing facial. Feel light and revitalized!

WATER - Flow and Cool 80' | 90€

Remineralizing dive, starts with a body exfoliation of sea salts, followed by a draining massage to the rhythm of the waves. It recharges minerals and releases tension.

FIRE - Invigorating 80' | 90€

Warm embrace of volcanic stones combined with deep and relaxing massage techniques with the energizing properties of the essential oils of pepper and palm rose. Feel Refreshed!

EARTH - Reconnect body and soul 80' | 90€

Travel through the aromas of the earth, in a detoxifying pinda sweda massage with the properties of coffee, prince herb and orange leaf essential oil. Reconnect body and soul.

ELEMENTA 2 80' | 160€

Freeing from the senses in an experience for two. Pure relaxation surrounded by essential oils of bergamot, sandalwood and ylang ylang.

MASSAGE

Relax 25' | 45€ and 50' | 65€

Relaxing massage with essential oils of orange leaves, provides a feeling of well-being and tranquillity.

Therapeutic 25' 55€ | 50' 75€

Invigorating massage, combines the properties of balm with deep techniques that act at the level of muscle decompression.

Hot Stones 80' | 85€

Relaxing massage that combines the power of the stone's heat with the ultra-relaxing properties of lavender essential oil.

Draining 50' | 70€ and 80' | 85€

Massage with draining techniques. Improves circulation, reduces fluid retention, leaving the skin firmer and smoother.

Gaia 25' | 45€ and 50' | 65€

Special treat for future moms! Massage created with the needs of a calm and serene pregnancy in mind, in which the power of touch promotes maximum comfort and relaxation.

FACIALS

Deep Nutrition 50' | 75€

Nourishing facial, composed of active ingredients obtained from fruits such as Mango, Papaya Cupuaçu. Returns long-lasting hydration by reinforcing the skin's lipid barrier.

Detox 50' | 75€

Detoxifying facial, with antioxidant and nourishing properties, promotes the elimination of toxins, in order to rebalance, restore and improve the skin's natural appearance.

Anti-Age 80' | 90€

Facial with stimulating properties, rich in acacia extract and collagen that increases the skin's defence system and prevents the loss of tissue support, thus improving signs of aging and skin firmness.

OPENING HOURS: 10:00 - 20:00

Rua Tuberária Major . Cabanas de Tavira
8800-591 Tavira . **Algarve**, Portugal

Wellness.Cabanas