



CARE AND HARMONY IN THE SMALL DETAILS

RITUAIS

AIR - 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 tangerine leaf essential oil. Reconnect body and soul.

ELEMENT FOR TWO 50' | 120€

Freeing the senses in an experience for two. Pure relaxation in a wrapping of bergamot and sandalwood essential oils.

AP SIGNATURE

ELEMENTS WINE CARE 120' | 135€

The sea breeze, combined with the microclimates and the great diversity of relief define the wine region of Lisbon, which produces the great diversity of wines from Quinta de São Sebastião.

Enjoy a relaxing massage, which will revitalize your body and mind, also contributing to a rejuvenating effect.

MASSAGENS

RELAX 25' | 45€ E 50' | 65€

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

THERAPEUTIC OR SPORTS MASSAGE 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€ E 50' | 65€

A special treat for mums-to-be! Massage created with the needs of a calm and serene pregnancy, where the power of touch promotes maximum comfort and relaxation.

LEGS EXPRESS 25'/55€

Feel invigorated with a. intense localized leg massage. This treatment is ideal after a hike.

LIGHT LEGS 50' / 75€

The ideal pampering for tired legs. An invigorating massage combines draining movements and stimulation of reflex points on the feet with the wrapping of cypress and mint oils.

FACIAL

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.

REVITALIZING 50' | 75€

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

OPENING HOURS: 10:00 - 13:00 | 14:00 - 19:00

for appointments:

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