

SPA

AP ELEMENTS

CARE AND HARMONY IN THE SMALL DETAILS

MASSAGES

AROMATHERAPY MASSAGE WITH WARM OILS 60' | 85€ - 75' | 95€

A deeply relaxing massage with warm essential oils, customized to your emotional state. Perfect to relieve stress and keep warm.

HOT STONE MASSAGE WITH AROMATHERAPY 75' | 95€

Heated volcanic stones glide over the body, releasing tension and improving circulation. A perfect combination for cold days.

ORIENTAL PINDA MASSAGE 70' | 90€

Heated linen pouches filled with aromatic herbs are applied to key points of the body, offering deep relaxation and relief from muscle pain.

TRADITIONAL THAI MASSAGE 60' | 75€

An oil-free technique using passive stretching and pressure. Revitalizes the body and enhances flexibility.

FOOT REFLEXOLOGY 45' | 50€

A foot massage that stimulates reflex points connected to the entire body. Ideal to restore energy and balance.

INDIAN HEAD MASSAGE 40' | 45€

Indian-style massage on the scalp, shoulders, and neck. Promotes mental clarity and stress relief.

CUSTOMIZED THERAPEUTIC MASSAGE 30' | 55€ - 60' | 95€

Focuses on specific pain or muscular tension. Medium to deep pressure.

LYMPHATIC DRAINAGE - RENATA FRANÇA METHOD 60' | 90€

Stimulates toxin elimination, reduces fluid retention, and promotes a feeling of lightness.

BODY SHAPING MASSAGE 60' | 80€

A vigorous massage that boosts metabolism and improves body contour.

TIRED LEGS MASSAGE 30' | 45€

Ideal after long walks. Drains, refreshes, and relaxes the legs, restoring lightness.

BODY TREATMENTS

BODY SCRUB WITH SEA SALT AND ESSENTIAL OILS 40' | 45€

Removes dead skin cells and renews the skin, preparing it for deep hydration. Perfect for colder days.

BODY WRAP WITH ALGAE MASK 50' | 70€

Detoxifies and remineralizes the skin. Recommended for fatigue and fluid retention.

BODY WRAP WITH WARM CHOCOLATE MASK 50' | 75€

Rich in antioxidants and deeply nourishing. A true indulgence for body and mind.

SPECIAL MOMENT: PARENT & CHILD

SPA KIDS & FAMILY - SIDE BY SIDE 40' | 80€ (ADULTO + CRIANÇA)

An unforgettable experience to share with your little one. Includes a gentle relaxing massage for the adult + fun mini massage and hydration for the child, using natural products with sweet aromas. For children aged 5 to 12.

OPENING HOURS: 10:00 - 19:00

for appointments: + 351 919 417 692

Call to mobile network

beautysecrets_heidy@hotmail.com

FACIAL TREATMENTS

FACIAL CLEANSING WITH ADVANCED AESTHETIC DEVICES 75' | 95€

Deep cleansing that stimulates collagen and promotes visible rejuvenation. Perfect for dry, winter-affected skin.

DEEP HYDRATION FACIAL 60' | 75€

Ideal for all skin types, especially during autumn and winter. Restores elasticity, softens, and nourishes with intense hydration.

ANTI-WRINKLE & LIFTING FACIAL 60' | 85€

Combination of techniques using aesthetic technology to smooth wrinkles and revitalize mature skin. Includes firming actives and toning facial massage.

INTENSIVE ANTI-AGING TREATMENT 70' | 90€

Hidratação profunda, nutrição e firmeza. Indicado para peles maduras ou desvitalizadas. Utilização de técnicas de estética avançada.

MEN'S REVITALIZING FACIAL 60' | 75€

A treatment designed specifically for men's skin, exposed to shaving and pollution. Cleanses, tones, and deeply hydrates for a fresh, energized feel.

SPA MANICURE & PEDICURE

SPA MANICURE WITH SCRUB AND HYDRATION 45' | 30€

Cleansing, gentle exfoliation, hand massage, and deep hydration. Includes polish.

SPA PEDICURE WITH SALTS AND HYDRATING MASK 60' | 40€

Complete treatment with foot soak, exfoliation, nourishing mask, and massage. Finished with polish.

HANDS & FEET SPA PACKAGE 90' | 60€

Manicure + Spa Pedicure.

AUTUMN-WINTER SPECIALS

AUTUMN RITUAL FOR DEEP RELAXATION 90' | 110€

Body Scrub + Aromatherapy Massage with Warm Oils
+ Relaxing Tea served in-room.

WINTER EXPERIENCE - BODY & FACE 80' | 170€

Hot Stone Massage + Anti-Aging Facial Treatment.



HOTELS & RESORTS

Avenida da República, nº 1.

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