



# WELLNESS CENTER

we care...

## SPECIAL PROMOTION

Book any 2 Massages  
Get €20 Discount

### BEAUTY THERAPIES

#### 1- FACIALS

Cleansing skin eliminates impurities and dead cells from the face, leaving the skin softer and improving its absorption and oxygenation capacity. It consists of cleaning, exfoliating and applying mascara with products suitable for your skin type and ending with a facial massage. Relaxes and leaves your skin cleaner, glowing, toned and hydrated

**Time: 50 Minutes - Price: 58**

**2 - MANICURE - Price: € 20**

**3 - PEDICURE - Price: € 25**

### MASSAGES "THERAPIES

#### 1 - FULL BODY MASSAGE

Deeply relaxing massage that varies techniques from slow effleurage movements to deep pressure to stimulate the body systems, promote relaxation and melt down accumulated tension.

**Time: 50 Minutes - Price: € 48**

#### 2 - BACK MASSAGE

Bad posture, tension and stress can create horrible back ache. This massage can help improving this condition leaving you relaxed and relieved.

**Time: 30 Minutes - Price: € 28**

#### 3- LEGS MASSAGE

Massaging the legs helps to release adhesions resulting from the effort they are subjected to on a daily basis, and promotes circulation, sending more oxygen to the muscles, fighting fatigue. A deep tissue massage that results in a great feeling of lightness, relief and recovery. Enjoy your benefits!

**Time: 30 minutes Preço: € 33**

#### 4 - WINGS IN YOUR FEET

After a long walk on Madeira levadas nothing feels better than a treat to your tired legs and feet. Cooling herbs and mineral mask and a massage with reflexology techniques will make you feel like if you had wings in your feet.

**Time: 30 Minutes - Price: € 33**

#### 5 - REFLEXOLOGY

Therapeutic massage targeting pressure points on feet and hands. This therapy activates healing resources in your own body.

**Time: 30 Minutes - Price: € 33**

### DE LUXE THERAPIES

#### 1- CHOCOTHERAPIE

Regenerates the skin thanks to its moisturizing, toning and revitalizing properties and prevents the appearance of wrinkles due to its antioxidant power.

It is relaxing, as it contains an alkaloid called tryptophan, capable of stimulating the production of serotonin in the brain. This hormone is responsible for feelings of tranquility, relaxation and happiness.

It also helps to eliminate fluids, which stimulates the renal system.

**Time: 60 Minutes - Price: € 58**

#### 2- CANDLE MASSAGE

Velaterapia Massage is relaxing and less vigorous. Their movements are usually sweet and delicate. Its main objective is the deep relaxation of the receiver with the warmth and aroma that this provides, recovery of emotional stability and damage caused by tension and stress and is indicated for people who are relieved as pensions and feel comfortable. Deeply moisturizes the skin.

**Time: 50 Minutes - Price: €58**

#### 3- HOT STONE MASSAGE

Melt down accumulated tensions with this luxurious treatment. This volcanic stone massage is the perfect antidote to stress.

**Time: 50 Minutes - Price: €58**

### ORIENTALS THERAPIES

#### 1- INDIAN HEAD MASSAGE

A holistic healing massage from ancient India that relaxes back, neck and shoulders, inducing a sense of calm and inner balance.

**Time: 30 Minutes - Price: € 38**

#### 2 - AYURVEDA

This therapy has a long tradition in India dating back to more than five thousand years. This holistic treatment balances the vital energy fields in the body by harmonizing the three doshas (kapha, pitta and vata).

**Time: 50 Minutes - Price €58**



Madeira Panorâmico

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