

Face treatments, by FILORGA *Scientific Dermocosmetics*

Sensitive skin treatment- Duration 40 minutes, 50 €

Cleansing, moisturizing and soothing treatment for sensitive skin, ideal for irritable skin prone to redness.

Reflexology complement for greater facial relaxation.

Intense hydration treatment- Duration 40 minutes, 50 €

Ideal cleansing and moisturizing treatment for dehydrated skin, applicable to all skin types.

Reflexology complement for greater facial relaxation.

Anti-aging treatment - Duration 40 minutes, €50

Cleaning, hydration and cell regeneration treatment, with anti-wrinkle action, ideal for skin with light or deep wrinkles, with loss of firmness. A regenerating and nourishing treatment that restores volume and radiance to the skin.

Reflexology complement for greater facial relaxation.

Body treatments, by PRANAROM

Personalized aromatherapy

Exfoliation and massage treatment- Duration 90 minutes, €130

Exfoliation and body hydration treatment to remove dead skin cells as well as toxins. The exfoliation is complemented with a personalized aromatherapy massage based on antiseptic and invigorating essential oils and suitable vegetable oils.

Draining and anti-cellulite massage- Duration 55 minutes, 85 €

Draining massage treatment to remove toxins and excess fluid. The massage is complemented with a personalized blend of draining essential oils and cell lipid metabolism accelerators and suitable vegetable oils.

Total relaxing massage- Duration 55 minutes, 85 €

Relaxing massage treatment with a personalized blend of essential oils that provide physical and psychological well-being.

Relaxing massage- Duration 55 minutes, 85 €

Relaxing and relaxing massage treatment with a personalized blend of essential oils that relieve muscle pain and tension and provide physical and psychological well-being.

Anti-aging massage- Duration 55 minutes, €85

Relaxing massage treatment with a personalized blend of essential oils that rejuvenate the skin and promote the firming of the dermis and rosehip vegetable oil, with anti-aging properties.

Complete treatment Casas da Lapa- Duration 100 minutes, 150 €

Special treatment with exfoliation, reflexology and relaxation massage with personalized aromatherapy and suitable vegetable oils. Filorga treatment for cleansing, moisturizing and regenerating facial skin. Foot massage and hydration treatment.

Reflexology Massage- Duration 20 minutes, €45

Holistic treatment, stimulating the nervous plexuses and specific places in the body, namely the feet, to balance energies and provide physical and psychological well-being. Ideal for walkers. Complemented with essential oils and suitable vegetable oil.

Therapeutic massage- Duration 55 minutes, 85 €

Relaxing massage treatment with greater action in specific areas where there is pain or discomfort. With a personalized blend of essential oils with analgesic action and muscle relaxation, the massage provides a gradual recovery of the affected areas.

Massage for pregnant women- Duration 55 minutes, 85 €

Relaxing massage treatment with lavender essential oil that provides physical and psychological well-being for mother and baby. Suitable for pregnant women over 12 weeks' gestation.

Holistic Kinesiology - Duration 55 minutes, €85 Holistic kinesiology combined with personalized aromatherapy helps to relax muscles, improve circulation, strengthen the immune system and shape emotions.

Flower therapy- Duration 55 minutes, €85

Anti-aging and antioxidant treatment. Deep relaxation massage with a personalized blend of floral essential oils and rosehip vegetable oil. Antidepressant and stimulating action.

Cocoa Body Wrap- Duration 90 minutes, €135

Body treatment with exfoliation, followed by wrapping with cocoa and clay. It ends with a massage with relaxing essential oils and suitable vegetable oil. Antioxidant and nourishing action on the skin, relaxing action on muscles and invigorating action on the mind.

Cinnamon Body Wrap- Duration 90 minutes, €135

Body treatment with exfoliation, followed by wrapping with cinnamon and clay. Finish off with a relaxing massage with cinnamon essential oil and suitable vegetable oil. Antibacterial and antifungal action on skin with acne or mycoses. Invigorating and antidepressant action.

Gingerbread Body Wrap- Duration 90 minutes, €135

Body treatment with exfoliation, followed by wrapping with ginger and clay. Finish off with a relaxing massage with ginger essential oil and suitable vegetable oil. Analgesic action on joint or rheumatic pain. Draining and depurative action.

Seaweed Body Wrap- Duration 90 minutes, €135

Body treatment with exfoliation, followed by algae and clay wrapping. It ends with a massage with draining essential oils. Detoxifying, draining and system stimulating action