

CASAS DA LAPA SPA MENU

Facial Treatments, by FILORGA, *Scientific dermocosmetics*

Sensitive skin treatment ~ 40 minutes, €55

Cleansing, hydration, and soothing treatment for sensitive skin, ideal for irritable skin with a tendency to redness. Includes a foot massage for added relaxation.

Intense hydration treatment ~ 45 minutes, €65

Cleansing and hydration treatment ideal for dehydrated skin, suitable for all skin types. Includes a foot massage for added relaxation.

Anti-aging treatment ~ 55 minutes, €85

Cleansing, hydration, and cellular regeneration treatment with anti-wrinkle action, ideal for skin with fine or deep wrinkles and loss of firmness. A regenerating and nourishing treatment that restores volume and luminosity to the skin. Includes a foot massage for added relaxation.

Body Treatments, by PRANARÔM, *Personalized aromatherapy*

Complete Casas da Lapa Treatment ~ 100 minutes, €160

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

Total relaxation massage ~ 55 minutes, €85

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

Hot stone massage ~ 70 minutes, €100

The heat from basalt stones complements the essential oils in a deep body massage that relieves muscle tension and promotes balance between body and mind.

Anti-aging massage ~ 55 minutes, €85

Relaxing massage with a personalized blend of essential oils that rejuvenate the skin and enhance the firmness of the dermis, combined with rosehip oil, known for its anti-aging properties.

Floral therapy ~ 55 minutes, €85

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

Anti-cellulite massage ~ 60 minutes, €110

Deep anti-cellulite and draining massage treatment to remove toxins and excess fluids. The massage is complemented by a personalized blend of draining essential oils and oils that accelerate the lipid metabolism of cells, combined with anti-cellulite cream.

Therapeutic massage ~ 55 minutes, €90

Relaxing massage with a focus on specific areas where there is pain or discomfort. With a personalized blend of essential oils with analgesic and muscle-relaxing properties, the massage promotes gradual recovery of the affected areas.

Detox treatment with exfoliation, hydration, and massage ~ 90 minutes, €130 _____

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

Cocoa body wrap ~ 90 minutes, €120 _____

Body treatment with exfoliation, followed by a cocoa and clay wrap. Massage with relaxing essential oils and suitable vegetable oil. Antioxidant and nourishing effects on the skin, relaxing action on muscles, and revitalizing effect on the mind.

Cinnamon body wrap ~ 90 minutes, €120 _____

Body treatment with exfoliation, followed by a cinnamon and clay wrap. Relaxing massage with cinnamon essential oil and suitable vegetable oil. Antibacterial and antifungal action for acne-prone or fungal-infected skin. Revitalizing and antidepressant effect.

Seaweed body wrap ~ 90 minutes, €120 _____

Body treatment with exfoliation using seaweed and sea salts, followed by a clay wrap. Finishes with a massage using draining essential oils. Detoxifying, draining, and circulation-stimulating effects. Ideal for varicose veins, heavy legs, or fluid retention.

Ayurvedic massage ~ 75 minutes, €110 _____

With ancient origins in India, harmonizes the body, mind, and spirit. By applying focused pressure to key points, it relieves tension, improves circulation, strengthens the immune system, and detoxifies the body, promoting overall well-being.

Shiatsu massage ~ 60 minutes, €95 _____

Traditional Japanese technique that promotes balance of the body and mind through gentle pressure with fingers, palms, and elbows. This treatment stimulates energy points along the body's meridians, relieving muscle tension, improving circulation, reducing stress, and rebalancing the flow of vital energy.

Pregnancy massage ~ 55 minutes, €85 _____

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

Pregnancy massage ~ 30 minutes, €50 _____

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

Biodynamic Head and Shoulders Massage - ~ 40 minutes, €55 _____

Releases tension in the head, face, neck, cervical area, and shoulders. Improves flexibility and blood circulation, promoting mental relaxation.

Reflexology - ~ 40 minutes, €55 _____

Stimulation of reflex points on the feet, hands, and ears, promoting body-mind balance, stress relief, pain reduction, improved blood circulation, and energetic revitalization.