TREATMENTS

Relaxation Massage Full Body

Massage indicated to restore the balance between body and mind. During this treatment, relaxation techniques are applied throughout the body, at a steady and constant pace with medium/strong pressure.

50 minutos

Manual Lymphatic Massage Full Body

Massage that stimulates natural lymph drainage, speeding up metabolism and helping to eliminate waste body and fluid retention. It also works as a form of relaxation, reducing stress.

50 minutos

Cervical Massage

Treatment that allows the relief of tension accumulated in the areas surrounding the cervical (shoulders, neck and bottom of the head)

25 minutos

Modelling Massage

Massage made with stronger and deeper movements in order to reach deeper layers of the skin. It also acts on the circulation, improving the metabolism of the desired region. Efficient against cellulite, but only in mild and moderate degrees.

50 minutos

SCEDULE 9:00 AM TO 10:00 PM

VALUES WITH VAT INCLUDED AT THE LEGAL RATE IN FORCE. Booking subject to availability. Cancellation policy: Cancellations over 24 hours in advance - free of charge. Cancellations with less than 24 hours of treatment - 50% of the amount will be charged.

Herdade dos Delgados nature hotel & SPA aloueva

55€

35€

60€

55€