

SPA MENU

MASSAGEM DE RELAXAMENTO

RELAXING MASSAGE

Shinrin-yoku 森林浴

In Japanese culture Shiron-yoku means the feeling of relaxation caused by contact with nature. Get inspired by our idyllic landscape and indulge yourself in a full-body massage to activate the senses and relax the mind

50 minutos | minutes

MASSAGEM DESPORTIVA

SPORTS MASSAGE

Ganbaru 頑張る

In Japan, Ganbaru means to give the best of yourself. A typical attitude of the athletes, who have in our massage the ideal reward to revitalize body and mind. Indispensable for golfers and for all those who do sports regularly

50 minutos | minutes

30 min. — 65,00€

50 min. — 85,00€

30 min. — 55,00€

50 min. — 75,00€



MASSAGEM COSTAS E PÉS

BACK AND FEET MASSAGE

Chōwa 調和

The search for harmony is very present in the Japanese lifestyle. Allow yourself to breathe and relax, in a moment of return to balance, stress release and focus on the present moment.

50 minutos | minutes

30 min. — 60,00€

50 min. — 80,00€

MASSAGEM NAS COSTAS

BACK MASSAGE

Ikigai 生き甲斐

We'd all like to know the formula of happiness. In Ikigai philosophy, the happiness is in the small pleasures of life, like this shoulder, back and neck massage. Choose the right pressure for a smooth treatment or a more therapeutic approach.

30 minutos | minutes

30 min. — 55,00€

MASSAGEM NOS PÉS & PERNAS

FOOT & LEGS MASSAGE

Ki 森林浴

Ki is the vital energy that circulates and vibrates from the body like an aura. The Japanese people believe that the feet and legs massage activates the circulation of this energy, promoting a sense of revitalization and well-being.

30 minutos | minutes

30 min. — 50,00€

