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SPA NATURE GERÈS

MASSAGES

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SIGNATURE MESSAGES

“GERÊS SCENTS” MASSAGE

Stroll through the Gerês mountains with a relaxing massage surrounded by the scents of plants present in Gerês.

Partial / localized massage 30 '	35,00€
Full body massage 60 ' *	60,00€
Full body massage including cranio-facial massage 75 ' *	75,00€

“MINHOTA” MASSAGE

Relaxing massage using Portuguese ingredients - heated olive oil and aromatic herbs.

Full body massage 60 ' *	60,00€
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“ROMANCE IN THE MOUNTAIN”

Relaxing massage with aphrodisiac oils, creating an atmosphere of tranquility and pleasure.

Full body massage 50 ' *	50,00€
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* It includes Ritual of Rest with Infusion/Tea of Medicinal Plants of Gerês





MASSAGE RITUALS

CANDLE MASSAGE

Massage with the use of heated aromatic candles, melting its oils that are then watered on the body, combined with massage movements, creating an atmosphere of relaxation and well-being.

Partial / localized massage 30 ' **35,00€**

Full body massage 60 ' * **60,00€**

HOT STONES MASSAGE

Massage with the use of heated volcanic stones and aromatic oils, which involves all the senses, creating an atmosphere of relaxation and well-being.

Partial / localized massage 30 ' **35,00€**

Full body massage 60 ' * **60,00€**

ADD-ONS

CRANIO-FACIAL MASSAGE 20'

Relaxing massage to the face, neck and head, using aromatic oils. **25,00€**

FOOT RITUAL - 10'

Relaxing foot massage, using aromatic oils and warm towels. **15,00€**

* It includes Ritual of Rest with Infusion/Tea of Medicinal Plants of Gerês

“GERÊS WALKERS” RITUALS

TIRED LEGS MASSAGE 30'

A massage to the legs, for relief and comfort of tense, sore and tired muscles, using a refreshing gel or invigorating aromatherapy oils. **35,00€**

SPORTS MASSAGE 60'

Toning and stimulating massage, using invigorating oils, for preparation to physical activity / sport, focusing on the muscle groups that will be most requested. **60,00€**

MASSAGE FOR CONTRACTURES 40'

Therapeutic massage that works on tense muscles and blockage points like contractures, using aromatherapy oils that help to warm and relax the muscles and help to unblock the contractures. **50,00€ ***

STRECHT MASSAGE - 60'

Full body massage (head, neck, arms, legs, back), starting with digit-pressures on the head and ending with stretches. **60,00€ ***

* It includes Ritual of Rest with Infusion/Tea of Medicinal Plants of Gerês



“SPECIFIC” MESSAGES

HAPPY MOM MESSAGE 60'

Relaxing massage for pregnant women and newly moms (also while breastfeeding), with light and gentle movements and the use of sweet almonds oil - an excellent skin nourishing.

Full body massage 60 ' * **60,00€**

ANTI-CELLULITE MASSAGE

Massage with dynamic and stimulating movements and the use of essential oils, with the purpose of helping to eliminate the cellulite.

Partial / localized massage 30 ' **35,00€**

Semi-full body massage 60 ' * **60,00€**

FACE AND BODY TREATMENTS

BODY EXFOLIATION AND NOURISHING 40'

Exfoliation of the body with the purpose of releasing dead cells of the skin, followed by a shower and the application of a moisturizing and nourishing cream combined with a light massage. **40,00€**

FACIAL EXFOLIATION AND NOURISHING 30'

Exfoliation of the face with the purpose of releasing dead cells of the skin, followed by the application of a moisturizing and nourishing cream combined with a light massage. **30,00€**

* It includes Ritual of Rest with Infusion/Tea of Medicinal Plants of Gerês



SPA ETIQUETTE

SPA NATURE GERÈS





SCHEDULE

Monday to Sunday from 10 am to 9 pm

RESERVATIONS

All SPA Nature Gerês treatments and programs are available to guests of Hotel São Bento, making it necessary to make a prior reservation, subject to availability;

ARRIVAL

We advise you to arrive at least 15 minutes before the scheduled time, to fill out our health form and be able to relax in the facilities before your treatment.

DELAYS

If you are late for your appointment, we will do our best to benefit from the best possible treatment for the remaining time.



- The use of Spa Nature Gerês services is not permitted for children under the age of 16;
- The use of Spa Nature Gerês services by pregnant women is subject to conditions. Seek advice from a therapist;
- We provide bathrobes and you should go to the Spa already equipped. The towel will be provided at the reception;
- To use the Spa Circuit you must bring a bathing cap, bathing suit / shorts or bikini. Caps and slippers are available for sale at the reception;
- The Spa Nature Gerês offers its customers, if they so wish, the key to a locker. The key must be delivered to the Spa reception on departure.
- The consumption of food, alcoholic beverages and others on the SPA Circuit is prohibited;



SPA NATURE GERÊS
A REFUGE IN
NATURE!

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