

SPA CIRCUIT

NATURE GERÊS

Duration: 60min

Price: 10,00€ (Guests) 15,00€ (externals)

Schedules: 9am - 10pm



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TURKISH BATH WITH AROMATHERAPY

The Turkish bath consists of staying in an atmosphere saturated with water vapor (100% humidity), at a temperature between 40 and 50 degrees. Eucalyptus leaves are also used to make vapors.

The Turkish Bath detoxifies the body, contributing to the reduction of salts, fats and toxins. Without physical effort, it discharges the body's electricity and relaxes the muscles, reducing stress and eliminating muscle pain.

It is indicated by doctors in cases of allergies of the skin, lungs, bronchitis, sinusitis, colds, rhinitis, obesity, rheumatism, physical and mental exhaustion, alcoholism and smoking.





SAUNA

The Sauna, of Finnish origin and sometimes called Finnish Bath, is a hot and dry treatment, it is carried out in a wooden compartment, where heated stones reach temperatures above 70 degrees, forcing the body to perspire.

Its characteristics carry a series of health and beauty benefits, such as the stimulation of blood circulation, detoxifies the body, cleans the respiratory tract, promotes muscle relaxation and pain relief in the spine, prevents sagging and the famous cellulite, improves the appearance of the skin, etc.





BUCKET OF COLD WATER

After a good sauna, a bucket of cold water for thermal shock is always a pleasure and a unique sensation. The contrast of the hot and cold temperature not only strengthens the immune system, but also the venous system. The sensory shower offers positive factors on a large scale that provide unique sensory experiences



CHROMOTHERAPY

Chromotherapy is a type of complementary treatment that uses waves emitted by colors, acting on body cells and improving the balance between body and mind, with each color having a different therapeutic function.

The method is based on the colors of the rainbow - yellow, blue, orange, violet, green and red, each color has a different energetic vibration and, as they propagate, they cause curative or soothing.





JACUZZI

The Jacuzzi is the ideal treatment to relax and forget about everyday worries. With water temperature around 35 degrees, this moment will provide you with the feeling of lightness and multiple benefits such as muscle toning, improvement of mental balance and the general appearance of the skin, prevention of cellulite, detoxification of the body and stimulation of blood circulation .

Finally, enjoy the relaxation zone helping to relieve muscle tension and eliminate toxins.





SPA NATURE GERÊS
A REFUGE IN
NATURE!

PHONE: (+351) 253 141 580
MOBILE PHONE: (+351) 965 525 386

HOTEL@SBENTO.PT
WWW.HOTEL.SBENTO.PT