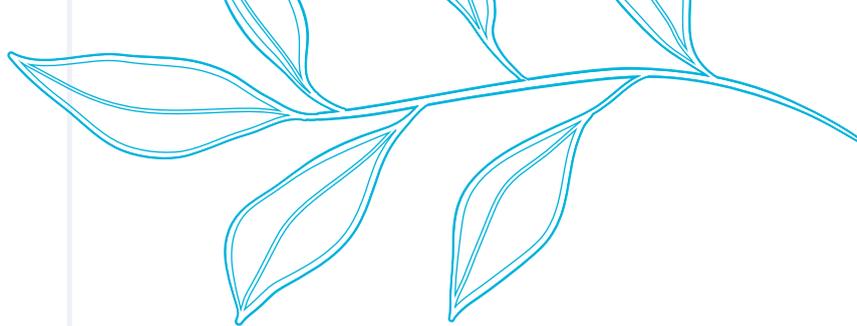


SPA MENU



RELAX MESSAGES

RELAX MASSAGE (20m) 35€ | (45m) 55€

This massage promotes muscle relaxation while enjoying a soothing experience.

This massage uses gentle pressure friction to release tissue that is in spasm inducing relaxation.

DEEP TISSUE MASSAGE (50m) 75€

It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. It is especially suitable for those who like to receive massages with more pressure at a relaxing pace.

COUPLE'S MASSAGE (50m) 120€ | complimentary tea and biscuits

What better way to bond with your loved one than with a couple's massage? Immerse yourself in the romantic atmosphere of our spa and enjoy a relaxing full body massage. Finish the experience with a cup of tea and some biscuits.

ZEN ESSENCE MASSAGE (15m) 25€

Relaxing massage for the neck and head. It consists of working on relaxation techniques to promote good mental health. The treatment eliminates the elements that result in fatigue, rebalances, unblocks the energy flow and relieves tension.

MUMMY TO BE MASSAGE (20m) 35€

Carefully designed for pregnant and nursing mothers, uses safe relaxation techniques to help you relief backaches and the feeling of heavy legs. Mental relaxation will help you enjoy a good night's rest and relieve tension in the neck. Massage considered safe only following the first trimester of pregnancy.

PARTIAL THERAPEUTIC MASSAGE (30m) 45€

This traditional massage is performed using a symbiosis of therapeutic techniques and relaxation and stretching techniques. During the massage it is used a local heating element that reduces inflammation, relieves neuromuscular tension and relaxes muscles.

SPA KID'S

ENCHANTED COUNTRYSIDE CHILDREN MASSAGE (20m) 25€

A children massage will help with relaxation and growth, decreases anxiety and improve the infant or child's sleep pattern. Recommended for children from 6 to 12 years of age.

FACE TREATMENTS

FACIAL HYDRATION FLORAL SOUL (35m) 40€ | (45m) 45€

This is a pure moisturising facial treatment. It removes all impurities, oxygenates the skin, regenerates the tissues and provides vital energy.

BODY TREATMENTS

BODY EXFOLIATION (30m) 50€

Purify your body with a body scrub that will remove impurities and dead cells. At the end of the treatment, we recommend taking a shower to remove the scrub.

GOLF MAR RITUAL (60m) 70€

Pamper yourself with a face wrap and a relaxing massage. Unwind completely with a full body massage and get a smooth, soft and radiant skin with our face wrap.

CELLULITE & FIRING LOCAL TREATMENT (30m) 45€

Strong, cellulite-specific massage can help break down scar tissue, boost circulation, stimulate skin firming and "break down" cellulite fat tissue reducing orange peel skin. It also helps to drain retained fluids.

MOXIBUSTION (50m) 65€

Moxibustion is a traditional Chinese medicine technique which consists of burning dried moxa on specific points on the body. Moxa is used to warm regions and meridian points with the intention of stimulating circulation through the points, inducing a smoother flow of blood and maintain general health.

HYDROTHERAPY

ENERGY-BOOSTING HYDROMASSAGE (15m) 20€

Spoil yourself with the sensation of hot water and massage through jets of water and air bubbles.

VICHY MASSAGE (2 HANDS MASSAGE) (30m) 45€

Enjoy a partial body massage under a shower of lukewarm rain. The effect on your skin is to increase the blood circulation and sooth the nervous system, enabling your body to balance and your muscles to relax.

VICHY MASSAGE (4 HANDS MASSAGE) (20m) 60€

Enjoy a full body massage under a shower of lukewarm rain. The effect on your skin is to increase the blood circulation and sooth the nervous system, enabling your body to balance and your muscles to relax.

SAUNA / TURKISH BATH (15m) 20€

For non-guests

The sauna is, above all, a ritual of pleasure and well-being with beneficial effects on the body and mind. It has a power of activation of circulation and sweating, ideal for eliminating stress and obtaining muscle relaxation. 10 minutes of a sauna is a reasonable time limit to use it safely. The Turkish bath has beneficial effects on your body and mind as it purifies, detoxifies, and rejuvenate the body. The Sauna and Turkish Steam Bath is not recommended to those who have low blood pressure, heart diseases or blood circulation conditions. Complimentary for Hotel Guests'.

LET'S RELAX 4 RELAXING MESSAGES PACK = 15% DISCOUNT

If you buy 4 massages, on payment in advance, you get a direct discount of 15%.

★ ★ ★

HOTEL GOLF MAR

VIMEIRO

HEALTH CONDITIONS & ALLERGIES

Please inform the therapist at the time of booking and before the treatment in the following cases: pregnancy, allergies, recent surgery, diabetes, heart problems or others. You should always consult a doctor before having a treatment as it may not be advisable.

ARRIVAL TO THE SPA

We kindly ask our customers to arrive 10 minutes before the scheduled time. A bathrobe and towel will be provided before the treatment. In the case of water experiences, use of the sauna or Turkish bath, we advise you to bring a bikini/swimsuit and slippers. For massages we provide comfortable disposable clothing, but we advise our clients to bring slippers. Although we provide a locker with a key for you to store your belongings, the Spa cannot be held responsible for any loss or theft. We recommend that you do not bring any valuables.

CANCELLATION

Arriving late will interfere with the treatment time, so the Spa cannot be held responsible for the impossibility of carrying out the full treatment. In the event of an expected delay or no-show, please contact the Spa Reception to reschedule your treatment. We ask that you notify us of the cancellation 12 hours before the appointment. In the event of no-shows or cancellations with less than 12 hours' notice, we reserve the right to charge 50% of the cost of the treatment.

Booking & Scheduling

We advise you to book your treatments in advance. Appointments can be made at the Spa reception, by telephone (extension 3400) or e-mail.

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