

SPA & HEALTH CLUB

01

FACE

Facial treatments that include: Cleansing, exfoliation, massage and applying mask followed by cream.

TREATMENTS	DESCRIPTION	DURATION	PRICE
ANTI-AGING	Regenerating and toning treatment that provides oxygenation and elasticity to the skin.	0h50	€49
MOISTURIZER	Moisturizing and firming treatment that gives skin elasticity and comfort.	0h50	€49

02

BODY

Body treatments that include: Exfoliation or wrap application.

TREATMENTS	DESCRIPTION	DURATION	PRICE
ESHOLIATION AND HIDRATATION	Body scrub that gently eliminates skin impurities.	0h25	€45
ANTI-STRESS MASSAGE AND INVOLVEMENT	It acts on muscle tension, improves circulation and promotes energy balance.	0h50	€65

03

MASSAGES

TREATMENTS	DESCRIPTION	DURATION	PRICE
AROMATHERAPY	The combination of the 5 elements in synergy with the power of the essential oils of plant extracts, leads to a deep relaxation that is reflected in a luminous and smooth skin.	0h50	€52
RELAXATION	Smooth movements with different pressure levels that relieve stress and anxiety.	0h50	€49
PARTIAL RELAXATION	Smooth movements with different pressure levels that relieve stress and anxiety in the back, shoulders and neck	0h25	€33
SPORT	Pressure applied to specific points, strong and vigorous movements that relieve pain, contractures and muscle tension.	0h50	€55
PARTIAL SPORT	Pressure applied to specific points, strong and vigorous movements that relieve pain, contractures and muscle tension, in the back, shoulders and neck	0h25	€37
BAMBUTHERAPY	Relaxing massage with the revitalizing touch of bamboo.	0h50	€49
GEOTHERMAL	Manual massage followed by hot stone manipulation. Deep relaxation at both body and mental level.	1h20	€78
THAL'ÉNERGY (CLAY)	Promotes energy balance, improving the appearance of the skin. Effective results in a holistic and natural ways.	0h50	€52
MANUAL LYMPHATIC DRAINAGE	Assists in the return circulation of the body and in the elimination of toxins and fluids accumulated between the tissues.	0h25	€35

04

HOLISTIC THERAPIES

TREATMENTS	DESCRIPTION	DURATION	PRICE
PODAL REFLEXOLOGY	Pressure techniques in reflex points of the feet, providing a feeling of intense relaxation and deep well-being, attenuating different symptoms and disorders of the body.	0h50	€42
AYURVEDIC	Deep touch massage with hands, elbows or feet for postural realignment and stress relief.	0h50	€58
SHIATSU	Oriental massage that acts on the body's energy flows using finger pressure.	0h50	€58

05

BALNEOTHERAPY

TREATMENTS	DESCRIPTION	DURATION	PRICE
SCOTTISH SHOWER	Body massage through water jets. Revitalizes, tones muscles and activates cell renewal while stimulating blood circulation and venous return with consequent anti-cellulite effects.	0h10	€18

06

PACKS

TREATMENTS	DESCRIPTION	DURATION	PRICE
REVITALIZER	Scottish shower, Exfoliation and hydration, Facial ritual. Access to swimming pools, sauna, Jacuzzi and Turkish bath.	Half day	€106
HARMONY	Relaxation massage, Facial ritual. Access to swimming pools, sauna, Jacuzzi and Turkish bath.	Half day	€93
BACHELOR PARTY (MINIMUM 4 PEOPLE)	Partial relaxation massage or partial sports massage. Access to swimming pools, sauna, Jacuzzi and Turkish bath.	5h	€50

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MEMBERS

FULL-TIME MEMBER	PRICE
ANNUITY	€890
MONTHLY PAYMENT	€80
SUBSCRIPTION	€57
Every day of the week and holidays *See our special conditions for companies and families	

CONDITIONED TIME MEMBER	PRICE
ANNUITY	€723
MONTHLY PAYMENT	€67
SUBSCRIPTION	€57
Monday to Friday from 9am to 3pm *Holidays and weekends not included	

NOTE FOR MONTHLY PAYMENT

At the time of registration 2 months must be paid (1st and last) and from the month following the respective monthly payment.

The Monthly payment must be made by the 4th of each month. If you do not have the facilities for 1 month or more, the monthly fee must always be updated.

OTHER SERVICES FOR MEMBERS

SQUASH 30 MIN €4,3
RACKET RENTAL €1 (BALL INCLUDED)
CUSTOM TRAINING (MONITOR TRAINING 45 min.)
8 SESSIONS €80 12 SESSIONS €96
SWIMMING 1X WEEK €28 2X WEEK €35

CONDITIONED TIME MEMBER 3x WEEK	PRICE
ANNUITY	€723
MONTHLY PAYMENT	€67
SUBSCRIPTION	€57
Monday to Friday from 09am to 10pm *Holidays and weekends not include	

JUNIOR FULL TIME MEMBER (Up to 16 years old)	PRICE
ANNUITY	€445
MONTHLY PAYMENT	€40
SUBSCRIPTION	€39
*Includes every day of the week and holidays	

NOTE FOR MONTHLY PAYMENT

Heated indoor pool, outdoor pool, sauna, Jacuzzi, Turkish bath and gym.
The Health Club front desk has robes, towels and locker keys.

20% discount at La Palette Restaurant, Mountains Bar and Dinastia Flávia Restaurant (Hotel Floor 0), always upon presentation of membership card.

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HOTEL GUESTS

Free use of the heated indoor pool, outdoor pool, sauna, Jacuzzi, Turkish bath and gym. The Health Club front desk has robes and towels.

	DURATION	PRICE
SQUASH	0h30	€4,3
RACKET RENTAL (BALL INCLUDED)		€1

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EXTERNAL CUSTOMERS

SQUASH	DURATION	PRICE
SQUASH PACK 6 SESSIONS	0h30	€30
RACKET RENTAL (BALL INCLUDED)		€1

OUTDOOR POOL	PRICE
ADULT	€20
CHILD (Up to 10 years old)	€10
TOWEL	€2

*Includes every day of the week and holidays

INDOOR POOL	PRICE
ADULT	€30
CHILD (Up to 10 years old)	€15

*Includes every day of the week and holidays

SWIMMING	PRICE
SUBSCRIPTION	€13
1X WEEK	€36
2X WEEK	€45

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NOTES | OPERATING HOURS

All the material needed for massage is provided by HOTEL CASINO CHAVES.
Advance booking is advisable. Schedule subject to availability.
Cancelling appointments with less than 12-hour notice will incur a 100% fee.

SPA & HEALTH CLUB OPERATING TIME

9am to 10pm

VAT included at the legal rate.
This establishment has a complaints book.

MASSAGES AND TREATMENTS

10am to 10pm

HOTEL CASINO CHAVES ****

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SOLVERDE
CASINOS · HOTÉIS