

SPA

& WELLNESS CENTER

PRICE LIST **EN**

01
RITUALS

02
MASSAGES

03
HOLISTIC
THERAPIES

04
HIDROTHERAPY

05
FACE

06
BODY

07
HAIRREMOVAL

08
TEEN SPA

09
SPA GROUPS

10
PHYSIOTHERAPY
AND PHYSICAL
REHABILITATION

PURCHASING TREATMENTS WORTH MORE THAN € 90 ALLOWS YOU FREE ACCESS TO THE WELLNESS CENTER.

01

RITUALS

WELL-BEING	DESCRIPTION	DURATION	PRICE
GEOTHERMAL RITUAL	Body scrub and hot stone massage.	110min	€130
PRODIGE SENSATIONS RITUAL	Rejuvenation of the skin in a perfect fusion of exfoliation and sensual massage with unique properties and aroma.	80min	€120
ARCTIQUE RITUAL	A powerful ritual that blends hot and cold, with a scrub and massage inspired by the five oceans.	80min	€110
PACIFIC ISLANDS RITUAL	An effective exfoliation associated with a massage with heated pindas inspired by Polynesian tradition.	110min	€130
EXOTIC SENSATIONS RITUAL	An effective exfoliation combined with a relaxing massage.	80min	€120

ANTI-STRESS	DESCRIPTION	DURATION	PRICE
ESCAPE SPA	Hydrotherapy circuit.	30min	€68
	Targeted massage.	25min	
RELAXING ATLANTIC	Hydrotherapy circuit.	30min	€90
	Atlantic relaxing massage.	50min	
RELAXING AQUA	Chromo bath, music and magnotherapy.	30min	€115
	Aromatherapy Massage.	50min	

01

RITUALS

ANTI-STRESS	DESCRIPTION	DURATION	PRICE
PURIFYING INDIC	Hydrotherapy circuit.	30min	€154
	Foot energy massage with exfoliation	60min	
DEAD SEA DETOX	Ayurvedic Massage.	60min	€200
	Hydrotherapy circuit.	30min	
	Floating.	30min	
	Seaweed wrap.	60min	
PACIFIC REINVIGORATING	Dead Sea detoxifying massage.	50min	€290
	Hydrotherapy circuit.	30min	
	Body scrub.	45min	
	Body wrap.	60min	
	Pacific reinvigorating massage.	50min	
Marine World facial treatment.	60min		

All options include a welcome tea ritual and access to the relaxation rooms (30 min)

02

MASSAGES

MASSAGES	DESCRIPTION	DURATION	PRICE
TARGETED RELAXATION MASSAGE	Targeted relaxation massage (legs or back).	25min	€50
SOLVERDE MASSAGE	Relaxing massage with a variety of techniques suited to the customer's well-being.	50min	€80
PRODIGE SENSATIONS MASSAGE	Divinely smooth and calming relaxation massage.	50min	€85
GEOHERMAL MASSAGE	Connected to mineral power, the enveloping heat of the basalt stones provides beneficial relaxation.	80min	€115
PACIFIC ISLANDS MASSAGE	Massage with exquisite gestures that combines the touch of hands with pressures with hot sand pindas.	80min	€115

03

HOLISTIC THERAPIES

HOLISTIC THERAPIES	DESCRIPTION	DURATION	PRICE
ENERGISING FOOT MASSAGE	Purifying bath with exfoliation and pressure techniques at reflex points on the feet, providing a feeling of intense relaxation and deep well-being.	60min	€78
AYURVEDIC	Massage involving deep contact with the hands, elbows or feet to realign posture and relieve tension.	60min	€92
		90min	€120

04

HIDROTHERAPY

HIDROTHERAPY	DESCRIPTION	DURATION	PRICE
HYDROTHERAPY CIRCUIT 	Warm seawater pool with massaging water jets.	30min	€22
VICHY SHOWER MASSAGE	Manual massage under the action of fine heated multijets.	35min	€65
ROYAL HYDROTHERAPY 	Hydromassage bath with chromotherapy.	20min	€45
	With seaweed and sea salts.	20min	€55
	With underwater massage.	20min	€60
THERMO-SPA	Bed with jets of warm water that massage the back of the body without making it wet.	20min	€35
AROMATHERAPY BATH	Relaxing chromo bath, music and magnotherapy.	20min	€45
FLOATING	Floating session that liberates the body and mind from the force of gravity and everyday tension.	30min	€36

05

FACE

FACIAL TREATMENT	DESCRIPTION	DURATION	PRICE
MARINE WORLD (FACIAL CLEANSER)	Purification, scrub, massage, and mask.	60min	€90
	A Extra - Application of specific mask.	20min	€20
	B Extra - Removal of black heads (deep cleanse).	20min	€20
PRODIGE SENSATIONS	A supreme treatment aimed at rejuvenating the skin. A luxury multi protein that brightens and rejuvenates the skin.	90min	€130
ANTI-AGING	Silicium, hyalu-procollagenic (depending on skin needs), which revitalises and rejuvenates the skin.	85min	€115
SPECIAL LINE (ANTI-AGING)	An exceptional anti-aging facial with Energilift massage.	90min	€130
SPIRULINE BOOST	 The marine program for city skins. Oxidative stress exposure accelerates early onset of signs of skin aging. THALGO created a new facial protocol, in stages which are true urban decompression chambers.	60min	€115
INDIBA RADIOFREQUENCY SESSION	Toning effect that stimulates collagen and elastin fibres.	60min	€90

06

BODY

BODY	DESCRIPTION	DURATION	PRICE
BODY SCRUB WITH HYDRATION	Removal of dead skin cell, returning the skin to its natural smooth and hydrated appearance.	50min	€70
BODY WRAP 	The ideal way to hydrate, detoxify, and improve the texture of your skin.	60min	€88

AESTHETIC BODY TREATMENT	DURATION	PRICE
SLIMMING / FIRMING / ANTI-CELLULITE RITUAL		
A Scrub, wrap, and massage. 	110min	€148
B Body wrap and massage. 	80min	€130
C Aesthetic massage. 	50min	€90

07

HAIR REMOVAL

FEMALE HAIR REMOVAL

	DURATION	PRICE
EYEBROWS	15min	€10
UPPER LIP	15min	€10
ARMPIT	15min	€15
SIMPLE BIKINI WAX	20min	€18
FULL BIKINI WAX	30min	€23
FULL LEG	30min	€30
HALF LEG	20min	€25

MALE HAIR REMOVAL

	DURATION	PRICE
FULL LEG	60min	€40
HALF LEG	30min	€25
CHEST	30min	€25
STOMACH	30min	€20
ARMS	30min	€20
ARMPIT	30min	€15
BACK	30min	€25
EYEBROWS	15min	€10

08

TEEN SPA

12 -17 years

TEEN SPA	DESCRIPTION	DURATION	PRICE
TEEN FACIAL	Deep cleanse with toner, scrub, face massage and cream mask.	60min	€85
EXTRA	Removal of black heads or application of specific mask.	20min	€20
TEEN MASSAGE	Relaxing massage (back, neck, and shoulders).	25min	€40

09

SPA GROUPS

Minimum 4 people / Maximum 10 people

SPA GROUPS	DESCRIPTION	DURATION	PRICE
STAG AND HEN PARTIES BIRTHDAYS	Hydrotherapy circuit (30min.) + 1 of the following treatments of your choice (according to availability): Targeted relaxing massage or Thermo-Spa or Hydromassage.	60min	€60
GROUPS/COMPANIES	Use of pools and sauna area; Hydrotherapy circuit (30min.) and one of the following treatments of your choice (according to availability): Personalised massage; Vichy shower; Body scrub followed by application of oil.	150min	€86

10

PHYSIOTHERAPY AND
PHYSICAL REHABILITATION

PHYSIOTHERAPY AND PHYSICAL REHABILITATION	DESCRIPTION	DURATION	PREÇO
ANTENATAL MASSAGE	Promotes well-being during pregnancy, aiding circulation, muscle relaxation, and the reduction of swelling in the lower limbs.	50min	€80
POSTPARTUM MASSAGE	Series of manoeuvres aimed at toning and detoxifying the body by aiding blood and lymphatic circulation.	50min	€80
LYMPHATIC DRAINAGE	Specific manual or mechanical technique characterised by extremely soft and precise movements. Promotes the elimination of numerous types of swelling.		
	A Mechanical	45min	€40
	B Manual	50min	€85
	C Complete (Mechanical and Manual)	75min	€120
	D Renata France Method	50min	€110
SPORTS MASSAGE	Aimed primarily at reducing the risk of injury, improving muscle state, increasing physical effectiveness, and reducing recovery time.	50min	€90
SESSION OF INDIBA RADIOFREQUENCY	Non-invasive hyperthermic method for preventing and alleviating injuries.	50min	€60

10

PHYSIOTHERAPY AND
PHYSICAL REHABILITATION

PHYSIOTHERAPY AND PHYSICAL REHABILITATION	DESCRIPTION	DURATION	PREÇO
SPECIFIC THERAPY (MUSCULOSKELETAL / POSTOPERATIVE / RECOVERY FROM INJURY, ETC.)	Diagnosis, rehabilitation, and treatment of conditions	25min	€50
		50min	€85
TARGETED HYDROTHERAPY	 Series of water-based treatment techniques that use the static and dynamic properties of sea water to promote relaxation or exercise in accordance with the therapy objective.	30min	€50

HOTEL SOLVERDE SPA & WELLNESS CENTER^{***}**

Avenida da Liberdade, 212
4410 - 154 | S. F. Marinha | V.N.Gaia | Portugal

Tel: +351 227 338 030 | RESERVAS SPA +351 937 625 041
spa@solverde.pt | www.gruposolverde.pt



SOLVERDE
CASINOS · HOTÉIS