

THERMAL SPA

(+351) 262 505 376
www.yourhotelspa.com

TREATMENT'S MENU



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1) GENERAL REGULATIONS

In order to enjoy a unique experience at our **Thermal Spa** please note the following procedures:

- 1) All of **Thermal Spa's** treatments and programmes are available for guests at Your Hotel & Spa Alcobaca and external customers, by booking an appointment in advance, subject to availability;
- 2) Accommodation rates do not include any **Thermal Spa** services;
- 3) On Saturdays from 3:15 pm and on Sundays until 12:30 pm, the **Thermal Spa** services are exclusive for Hotel guests;
- 4) Children under the age of 16 are not permitted to use the **Thermal Spa** services;
- 5) Use of the **Thermal Spa** services when pregnant is restricted. Ask one of our therapists for advice;
- 6) All customers are requested to arrive at least 10 minutes before their check-in time, so that they can be prepared for the service they have booked;
- 7) If the customer does not arrive for their booked treatment, they will have to pay 50% of the value of the treatment reserved;
- 8) It is mandatory to fill out a customer form before using any of the **Thermal Spa** services and it is the customer's responsibility to inform us of any relevant changes;
- 9) If the customer is late, the length of the treatment will be limited due to other existing bookings;
- 10) For Hotel guests, dressing gowns and slippers are available in your room. You must go to the **Thermal Spa** already wearing these. Thermal Hydrotherapy Circuit users will be provided with a towel at the Spa reception. When leaving, leave the towel in the designated area;
- 11) **Thermal Spa** provides its external customers a key to a locker, which will have a dressing gown, slippers and towel inside. The key must be handed in to **Thermal Spa** reception when leaving. Customers must leave the items provided inside the locker;
- 12) The items used during treatments are for internal use only, it is compulsory to hand them back to **Thermal Spa**;
- 13) In order to use the Thermal Hydrotherapy Circuit, you must wear a swimming cap, swimming costume/shorts or bikini. You can also purchase these items at the **Thermal Spa** reception;
- 14) The consumption of food, alcoholic or soft drinks is prohibited in the Thermal Hydrotherapy Circuit;
- 15) Please note that the Implementing Decree No. 5/97 of 31 March, of the Ministry of Equipment, Planning and Territorial Administration, requires the maximum water temperature for heated swimming pools to be 30°C;



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16) **Thermal Spa** is not liable in civil or legal proceedings for damages suffered by the customer as a consequence of incorrect use of the rooms/equipment on the premises, for the loss, theft and/or damage of personal property;

17) In order to guarantee maximum benefit of the services, use of any technological equipment is not permitted. We recommend that all jewellery be removed before any treatment;

18) As one of the characteristics of **Thermal Spa** is a calm and serene atmosphere, we ask you to please keep the noise down. Provide yourself and other customers with a suitable environment;

19) **Thermal Spa** may make changes to the Treatments Menu without prior notice;

20) All of **Thermal Spa** services include VAT at the applicable rate;

21) All the services of the **Thermal Spa** have a purpose of well-being and relaxation. In order to carry out thermal treatments with a therapeutic/medicinal aspect, is mandatory a medical appointment with our hydrologist. For more information, consult the Thermal Treatments Menu at Termas da Piedade.

Items available for sale:

- Swimming Cap	€ 4,00
- Men's Swimming Shorts	€ 20,00
- Women's Swimming Costume	€ 25,00

Opening hours:

Monday to Saturday: 9 A.M to 8 P.M. | Sunday: 9 A.M. to 05 P.M.

Contacts Thermal Spa:

Telephone: 00351 262 505 376

E-mail: beyondspa@yourhotelspa.com

Contacts Hotel Reception:

Telephone: 00351 262 505 370

E-mail: reservas@yourhotelspa.com

Address:

Your Hotel & Spa Alcobaca
Rua Manuel Rodrigues Serrazina, S/N, Fervença
2460-743 Vestiaria - Alcobaca

GPS Coordinates: N 039 34 156 | W 009 00 146

Social Networks:

Facebook: www.facebook.com/yourhotelspa

Instagram: www.instagram.com/yourhotelspaalcobaca



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2) MESSAGES

Massages with 25' length focus only on the back, so if you want full-body, please choose a 50' length massages.

BEYOND MASSAGE (25')

€ 40,00

Relaxing massage, where general massage techniques are applied, mainly to the back; relieving muscular tensions, and stimulating relaxation and well-being.

THE SECRET OF THE CANDLES (25' / 50')

€ 45,00 / € 70,00

A unique massage with relaxing movements, using aromatic candles that contain active elements for excellent nourishment and hydration, which combines heat and stimulation of energetic areas.

Imagine a massage where the hot wax of a melted candle is poured over your body, pleasantly awakening your senses.

THERAPEUTIC MASSAGE (25' / 50')

€ 50,00 / € 75,00

Localised massage using suitable movements on the areas with greatest discomfort.

It causes muscular relaxation and helps to correct posture. Depending on the therapist's diagnosis, complementary methodologies suitable for the situation may be used.

YOUR SPA MASSAGE (50')

€ 65,00

Full body relaxing massage with heated oils, using slow movements and moderate pressure. It provides relief from muscular tensions and general well-being.

ANTI-STRESS MASSAGE (50')

€ 70,00

A relaxing heat product is applied to the length of the spine to help with posture, which due to its anti-inflammatory power helps alleviate muscular pains and tensions. This treatment is ideal for relieving everyday stressful situations.

HOT STONE MASSAGE (75')

€ 85,00

Therapy with heated basalt stones with powerful effects in relieving muscle tension and pain. The heat of the stones merges with the oil, which combined with long and gentle movements of our therapists, promote a deep feeling of comfort and balance in the body, activating blood circulation and the elimination of toxins.

Note:

All massages can be performed simultaneously for both, in the same massage room, considering the existing availability.



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3) SENSORY RITUALS

An authentic, sensory and personal transformation experience that combines massage, facial, body and energetic-emotional treatments that seek to help you reach your very best version of yourself!

COCOA RITUAL (90')

€ 110,00

A body treatment in which you can enjoy the highly hydrating and nourishing properties of cocoa, promoting deep and aromatic relaxation. Consists of a body scrub with cocoa, chocolate wrap and full body relaxation massage with cocoa oils. A body treatment that will awaken your senses!

SERENITY RITUAL (90')

€ 120,00

This ritual is essential for those looking for body and mind balance, as you will enjoy an anti-stress body treatment with exfoliation, wrapping, full body massage and a nourishing and moisturizing facial treatment. It will provide a feeling of deep well-being and serenity.

QUEEN OF EGYPT OR EMPEROR CAESAR RITUAL (120')

€ 135,00

This beauty and health ritual, dedicated to women/men, aims to nourish, hydrate and relax, making you feel like a real queen/an authentic emperor. It includes exfoliation and body wrap, facial treatment, thermal hydromassage bath and full body massage. A rejuvenating experience with anti-ageing effects that will provide a deep sense of well-being, increasing your self-esteem and inner strength.

FEMALE / MALE ESSENCE RITUAL (120')

€ 150,00

With each person's individual essence in mind, this facial and body treatment moisturises, nourishes and regenerates the skin, leaving it smoother and younger, while strengthening the connection with your inner energy and power. It consists of a sublime body scrub, facial treatment and relaxing full body moxa massage. A ritual that will awaken you to a world of pleasant sensations, while balancing your energy.

Note:

All rituals can be performed simultaneously for both, in the same room, considering the existing availability.



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4) THERMAL HYDROTHERAPY

THERMAL HYDROTHERAPY CIRCUIT (60')

Access to hydromassage and jacuzzi with thermal water, sauna, Turkish bath, footbath, rain walk, cold water bucket shower and relaxation area.

HOTEL GUESTS	€ 15,00
EXTERNAL CUSTOMERS	€ 22,50
8 ENTRY PACKAGE*	€ 140,00

2 HAND VICHY SHOWER (25') € 40,00

Treatment that combines manual massage techniques with jets of hot thermal water all over the body.

It is a massage where the energy of the moving thermal water communicates with your body, enabling pain relief, relaxation and activation of blood circulation.

NOZZLE SHOWER (10') € 25,00

Shower with jets of thermal water through a hose with nozzles, with the temperature and pressure regulated by the therapist. It aims to improve blood circulation, reduce cellulite and stimulate muscular relaxation through an invigorating sensation.

*The Thermal Circuit Hydrotherapy sessions associated with the Package should be enjoyed individually or shared by two people, and should be defined at the time of purchase. The Package is valid for 12 months after the date of purchase.



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5) THERMAL BATHS

SINGLE | DOUBLE

BEYOND BATH (20')

€ 30,00 | € 40,00

Relaxing thermal hydromassage bath with essential oils that provide a general feeling of well-being, whilst diffusing the air with a delicate perfume.

COCOA BATH (20')

€ 30,00 | € 40,00

Nourishing and anti-ageing action thermal hydromassage bath, with a gentle aroma of cocoa with therapeutic effects, which makes the skin more hydrated, soft and toned.

QUEEN OF EGYPT AND/OR EMPEROR CAESAR BATH (20')

€ 30,00 | € 40,00

Thermal hydromassage bath with aromatherapy oils that hydrate and soften the skin, providing a feeling of vitality.

Specific essential oils are used in the single bath, depending on whether the customer is male or female. In the double bath, essential oils suitable for both sexes are used.



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6) BODY TREATMENTS

LYMPHATIC DRAINAGE (25' / 50')

€ 45,00 / € 70,00

Specific technique of gentle massage, carried out by touching the lymph nodes. It activates lymphatic circulation and the immune system, providing a feeling of lightness and relaxation, releasing toxins accumulated in the skin tissues.

PODAL REFLEXOLOGY (45')

€ 50,00

Stimulation of reflex points through specific pressure to the foot, preventing injuries and relaxing internal organs. It relieves symptoms of muscle pains, migraines and anxiety.

PODAL REFLEXOLOGY ON HIMALAYAN SALT RELAXING BED (45')

€ 60,00

This therapy being carried out on Himalayan Salt Relaxing Bed, in addition to stimulating reflex points through specific pressure to the foot, preventing injuries and relaxing internal organs, it also benefits from a deep relaxation process through halotherapy, contributing also to the reduction of problems associated with anxiety, concentration, sleep and physical problems.

SPA PEELING MASSAGE (50')

€ 70,00

Exfoliating relaxation massage using specific products that help to remove dead cells. A true moment of relaxation and hydration.

ANTI-CELLULITE TREATMENT (75')

€ 85,00

The anti-cellulite treatment stimulates the enzymes, accelerating digestion of fats and reducing the compression of the blood vessels, increasing the drainage by activation of micro-circulation. This treatment removes the toxins that are retained along with fat and water. It restructures the tissues and increases the tone and elasticity of the skin.

REDUCING TREATMENT (75')

€ 85,00

This treatment consists of wrapping the body, which facilitates the release of toxins from the tissues and accelerates the process of eliminating fats, rebalancing the body in terms of microminerals that are vital for health. Ideal for reducing fats in localised areas.



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7) FACIAL TREATMENTS

ESSENTIAL FACIAL TREATMENTS (60')

€ 65,00

I - HYDRATING

Deep skin treatment, able to protect the elasticity, luminosity and humidity of the tissues, maintaining the hydric balance of the skin, removing tensions and smoothing wrinkles. It is the perfect treatment for the transition between seasons, particularly effective when applied after summer and at the end of winter.

II - ANTI AGE

Treatment that prevents and smooths the appearance of the first wrinkles, helping to combat the ageing of skin. It defines and tones the contours of the face, creating an immediate lifting effect. It effectively combats the signs of time and maintains beauty by prolonging a youthful face.

III – OILY/COMBINATION SKIN

Highly effective treatment for impure skin types, which regulates the levels of sebaceous production, removes impurities and smooths localised imperfections, leaving a sensation of comfort and soft skin, which protects the skin from premature ageing. It helps to purify the skin, by restoring its balance.

IV – SENSITIVE SKIN

Soothing treatment that provides a concentrated softness and freshness suitable for sensitive and easily irritated skin types. It effectively combats capillary fragility, toning the surface vessels, giving them better resistance against external daily aggravations. The skin stays protected, balanced and completely smooth.

V – ANTI-BLEMISH TREATMENT

Highly regenerating depigmentation treatment suitable for unifying skin tone, as well as contributing to a renewed and homogenous skin surface.

Whitening treatment for surface blemishes associated with age or pregnancy blemishes (Versicolor).



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8) RELAXING BED & FLOATATION BED

ZEN FLOATATION BED (25')

€ 30,00

The Zen Floatation Bed provides a unique experience, combining heated floatation with jets of water that simultaneously massage the body, without being in direct contact with the water. It provides an intense feeling of relaxation.

HIMALAYAN SALT RELAXING BED (25')

€ 30,00

The Himalayan salts are 100% natural, without additives or pollutant substances. The crystals are bioenergetic and contain all the necessary minerals for the human body. The relaxing bed contains heated Himalayan salt. When relaxing in the tank you will enter a deep state of relaxation through halotherapy, contributing also to the reduction of anxiety, concentration, sleep and physical problems.

Note:

The relaxation beds are not monitored by a therapist all the time. The therapist will be present with the customer at the tank at the start and end of the treatment. The tanks are automatic relaxation equipment.



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9) NIGHT SPA

Thermal Spa offers all its customers a night service that runs on Saturdays from 9 P.M. to 12 A.M..

This service is seasonal and may not be available all year. Please confirm availability with our customer service team.

NIGHT THERMAL HYDROTHERAPY CIRCUIT (60') € 25,00

Access to the hydromassage pool and jacuzzi with thermal water, sauna, Turkish bath, footbath, rain walk, cold water bucket shower and relaxation area.

BEYOND NIGHT MASSAGE (25') € 45,00

Relaxing massage, where general massage techniques are applied, mainly to the back; relieving muscular tensions, and stimulating relaxation and well-being.

YOUR SPA NIGHT MASSAGE (50') € 70,00

Full body relaxing massage with heated oils, using slow movements and moderate pressure. It provides relief from muscular tensions and general well-being.

Note:

The night services are only available if you specifically purchase/reserve them or if they are included in an offer/experience or a voucher that states that it is for the night services.

Any offer/voucher/experience that does not state "Night" should be considered as day services only.

For Night Spa customers we offer tea and biscuits in the tea room.