



YOUR HOTEL & SPA
ALCOBACA
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THERMAL SPA

TREATMENT'S MENU

A TRULY SUBLIME EXPERIENCE OF RELAXATION



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SPA ETIQUETTE

**10%
discount**

applicable to hotel guests on all services, except for the thermal hydrotherapy circuit and retail items. The prices shown are for external customers.

Reservations and Availability

- All treatments and thermal spa programs are available to guests of Your Hotel & Spa Alcobça as well as external clients, subject to prior reservation.

Access and Age

- Clients are kindly requested to arrive at least 10 minutes prior to their scheduled appointment for check-in and preparation for the services;
- Filling out a client form is mandatory before using any Thermal Spa service, and it is the client's responsibility to inform us of any relevant changes;
- Accommodation rates do not include any Thermal Spa services;
- Thermal Spa services are exclusively available to guests aged 16 and over. However, the thermal hydrotherapy circuit is accessible to children aged 12 to 15, when accompanied by an adult, during the 9:00 AM or 1:00 PM time slots;
- On Saturdays from 3:00 PM to 8:00 PM and Sundays from 9:00 AM to 12:00 PM, the Thermal Spa is reserved exclusively for hotel guests. Alternative schedules or restrictions may apply on holidays.

Environment and Technology

- To ensure maximum relaxation, we kindly ask that you switch off or silence all electronic devices before entering the treatment areas and maintain a calm and quiet atmosphere.

Materials Provided

- For a complete experience, we provide a bathrobe, slippers and a towel. For the thermal hydrotherapy circuit, wearing a swim cap, swimsuit or bikini and slippers is mandatory (these items can be purchased at the reception desk);
- Hotel guests will find a bathrobe and slippers in their room and should arrive at the Thermal Spa already equipped. A towel for the thermal hydrotherapy circuit will be provided at reception;
- External clients will be given a locker key, which includes access to a bathrobe, slippers and a towel. The key must be returned at the Thermal Spa reception upon departure;
- Upon leaving the Thermal Spa, all provided materials should be returned and placed in the designated area near the reception.

SPA ETIQUETTE

Reservation Policy

- If you are unable to attend your appointment, please inform us in advance. Cancellations made less than 8 hours prior to the scheduled time will incur a 50% charge of the treatment value. In case of no-show, the full cost of the booked treatments will be charged. For hotel guests, this amount will be charged directly to the room. For external clients, treatments will be confirmed only after payment or upon providing credit card details;
- In the event of a late arrival, treatment time cannot be extended due to existing appointments.

Hygiene and Safety

- To ensure everyone's safety and comfort, the Thermal Spa follows all recommended hygiene and sanitation protocols. We kindly ask that you avoid bringing personal belongings into the spa area;
- Food and beverages are not allowed in the thermal hydrotherapy circuit;
- The Thermal Spa is not legally responsible for any damage or injury resulting from the improper use of facilities or equipment, nor for the loss, theft, or damage of personal belongings;
- In accordance with Regulatory Decree No. 5/97 of March 31, issued by the Ministry of Equipment, Planning, and Territorial Administration, the maximum allowed water temperature for heated pools is 30°C;
- We recommend using the sensory showers after the sauna and the steam bath, and before entering the hydromassage pool or jacuzzi.

Additional Information

- Pregnant women are advised to consult their doctor before using our services;
- All Thermal Spa services are focused on well-being and relaxation;
- For therapeutic or classic thermal treatments, a diagnostic consultation with our hydrologist is required. Further details can be found in the Thermal Treatments Menu of Termas da Piedade;
- The Thermal Spa reserves the right to change the treatment menu without prior notice;
- All Thermal Spa services include VAT at the applicable rate.

Retail Products and Vouchers

- Take wellness home with you or share it with someone special: extend the benefits of your treatment with our selection of products. All services are also available as gift vouchers. For more information, please contact the reception.

Schedule

Monday to Friday: 9:00 AM to 8:00 PM

Saturday: 9:00 AM to 8:00 PM and 9:00 PM to 11:00 PM

Sunday: 9:00 AM to 5:00 PM





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SIGNATURE MASSAGE RITUALS

Each technique has been carefully designed to restore harmony between body and mind, delivering deep relaxation and a sense of renewal. Let yourself be carried on a personalised journey where care, precision and attention to detail come together to create a unique well-being experience.

All massages can be performed simultaneously for two people, in the same room, subject to availability.

YOUR SPA RELAXING MASSAGE

Surrender to a deep relaxation with this massage of long and flowing movements, designed to relieve tension and promote a renewed sense of well-being. An invitation to inner balance, where body and mind meet in perfect harmony.

🕒 25min • € 45,00 | 🕒 50min • € 75,00

REVITALIZING

Reawaken your energy with this massage that combines deep and invigorating techniques, relieving muscular tension and restructuring the tissues, for a lasting sensation of lightness and comfort.

🕒 25min • € 55,00 | 🕒 50min • € 85,00

DRAINAGE

Experience the lightness of a lymphatic drainage massage with gentle, continuous movements that stimulate circulation and promote a feeling of lightness and deep relaxation, while helping to eliminate toxins accumulated in the body.

🕒 50min • € 80,00

SEAWEED REST

Discover the power of thermal seaweed applied to your back as you indulge in a full-body massage. This treatment detoxifies, relaxes, and restores vitality and balance to your body.

🕒 50min • € 90,00

WARM STONE HARMONY

Let yourself be embraced by the therapeutic power of a hot stone massage, where the warmth of basalt stones gently soothes the body and melts away accumulated tension. The combination of warm stones and essential oils provides deep comfort, relieves muscle pain and stimulates circulation. Ideal for those seeking renewal, balance, and harmony.

🕒 75min • € 105,00

THREE LAVENDERS

Surrender to the relaxing power of our signature massage with the exclusive three lavenders oil. This treatment blends gentle strokes with slow and flowing movements to promote deep relaxation.

A sensory journey that nurtures and rebalances the body, mind and spirit, perfect for those seeking complete harmony and holistic balance.

🕒 90min • € 125,00





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FACE RITUALS

Allow your skin to be revitalized in a moment of deep care and absolute relaxation. Each treatment is carefully designed to meet your needs, offering visible, long-lasting results and an immediate sense of well-being.

All treatments can be performed simultaneously for two people, in the same room, subject to availability.

HYDRATION

Restore your skin's natural moisture with this nutrient-rich treatment. It enhances softness, radiance and leaves your skin looking fresh and glowing.

🕒 25min • € 55,00

REGENERATION

Reactivate your skin's vitality with this deep treatment which boosts cellular regeneration, restores natural luminosity and provides intense hydration for a revitalised complexion.

🕒 50min • € 85,00

DEEP REJUVENATION

Experience complete skin rejuvenation with this nourishing treatment. It promotes firmness, stimulates cell renewal, and restores your skin's glow for a youthful and a revitalised appearance.

🕒 75min • € 110,00





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SENSORY RITUALS

Immerse yourself in a world of sensations, where body and soul meet in perfect harmony. Each ritual is a celebration of touch, aromas and textures, designed to awaken the senses and offer a deep sense of peace and serenity. Allow yourself a moment to discover the most intimate and relaxing side of well-being.

All treatments can be performed simultaneously for two people, in the same room, subject to availability.

REVITALISING REFLEXOLOGY

Begin your invigorating experience with a gentle exfoliation, followed by a foot massage that stimulates reflex points to promote relaxation and activates the internal organs, providing a deep sense of well-being and lightness throughout the body.

🕒 45min • € 60,00

VICHY PURITY RITUAL

Let yourself be embraced by the revitalising energy of our thermal water, where powerful jets move continuously across the body, delivering a natural and deeply relaxing massage. This ritual stimulates circulation, relieves muscle tension and promotes a unique sensation of renewal and well-being.

🕒 25min • € 50,00

AROMATIC CANDLES

Awaken your senses with a gentle exfoliation that purifies and softens the skin, preparing your body for a moment of deep relaxation. This is followed by a warm aromatic candle massage, where nourishing oils melt into the skin, enveloping you in soothing heat and comfort.

🕒 50min • € 85,00

SPA PEELING

Transform your skin and renew your energy with this unique exfoliating ritual, where the gentle texture of the scrub glides over the body, delicately removing dead skin cells and revealing soft, radiant skin. Surrender to this serene moment, where body and mind come together in perfect harmony and lightness.

🕒 45min • € 85,00

COCOA DELIGHT

Indulge in this body treatment that combines the nourishing properties of cocoa with deep relaxation. The ritual begins with a cocoa exfoliation to prepare the skin for an aromatic chocolate wrap, deeply hydrating and nourishing the body. To finish, a gentle massage with cocoa oil awakens the senses and provides a truly unique moment of well-being.

🕒 90min • € 130,00

SERENITY ESCAPE

Surrender to a sensorial journey for body and face, where touch and aroma strengthen the connection between body and mind. This ritual begins with a full-body exfoliation, followed by a nourishing wrap and a regenerating facial treatment that hydrates,

revitalises, and leaves the skin radiant. It concludes with a relaxing body massage, combining gentle movements and essential oils to promote a deep state of harmony and well-being.

🕒 90min • € 145,00

PREMIUM ESSENTIAL

This facial and body beauty ritual, suitable for everyone, promotes deep hydration and cellular renewal, offering a unique experience of relaxation, serenity, and inner connection. It includes body exfoliation, a nourishing wrap, facial treatment, thermal hydromassage bath and a full-body massage. A journey of serenity that revitalises your entire being.

🕒 120min • € 160,00



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COMPLEMENTARY RITUALS

Designed to enhance the effects of our treatments, these add-ons offer specific therapeutic benefits, such as stimulating circulation or targeting localised muscle relaxation. They can be integrated before or after the main rituals, tailored to your individual needs and contribute to a more complete, effective, and personalised spa experience.

All treatments can be performed simultaneously for two people, in the same room, subject to availability.

JET SHOWER

Shower with thermal water jets applied using a high-pressure hose, with temperature and pressure adjusted by the therapist. It stimulates blood circulation and promotes muscle relaxation, offering a revitalising sensation.

🕒 15min • € 25,00

AROMATIC THERMAL BATH

A relaxing immersion in thermal water infused with gentle aromas, revitalising the body and calming the mind.

🕒 20min • € 35,00 🧑 | 🕒 20min • € 50,00 🧑🧑

HYDRATING THERMAL BATH

Restore your skin's vitality with this thermal water bath, which deeply hydrates, nourishes and softens.

🕒 20min • € 35,00 🧑 | 🕒 20min • € 50,00 🧑🧑

HIMALAYAN SALT RELAXING BED

Himalayan salt is 100% natural. When heated, it releases bioenergetic crystals that remineralise, energise and promote balance throughout the body. Feel its therapeutic effects on the muscles and enjoy a deep energetic renewal.

🕒 25min • € 35,00

ZEN FLOATATION BED

A unique experience that combines the sensation of floating with jets of heated water that gently run over the body, without direct contact with the water. It provides a feeling of deep relaxation and lightness.

🕒 25min • € 35,00



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THERMAL HYDROTHERAPY CIRCUIT

Access to hydromassage pool and jacuzzi with thermal water, indoor and outdoor sauna, steam bath, contrast bath, sensory showers, reflexology path, cold water bucket shower and relaxation area.

🕒 60min

HOTEL GUESTS

€ 15,00

🕒 60min

EXTERNAL CUSTOMERS

€ 22,50

🕒 60min

8 ENTRY PACKAGE*

€ 140,00

*Sessions can be enjoyed individually or shared between two people, as specified at the time of purchase. Package valid for 12 months after the date of purchase.



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AFTER-HOURS SPA

Saturday nights will never be the same! Enjoy an exclusive spa experience every Saturday from 9:00 PM to 11:00 PM, in a private setting designed for your well-being and deep relaxation.

All massages can be performed simultaneously for two people, in the same room, subject to availability.

NIGHT THERMAL HYDROTHERAPY CIRCUIT

Access to hydromassage pool and jacuzzi with thermal water, indoor and outdoor sauna, steam bath, contrast bath, sensory showers, reflexology path, cold water bucket shower and relaxation area.

🕒 60min • € 25,00

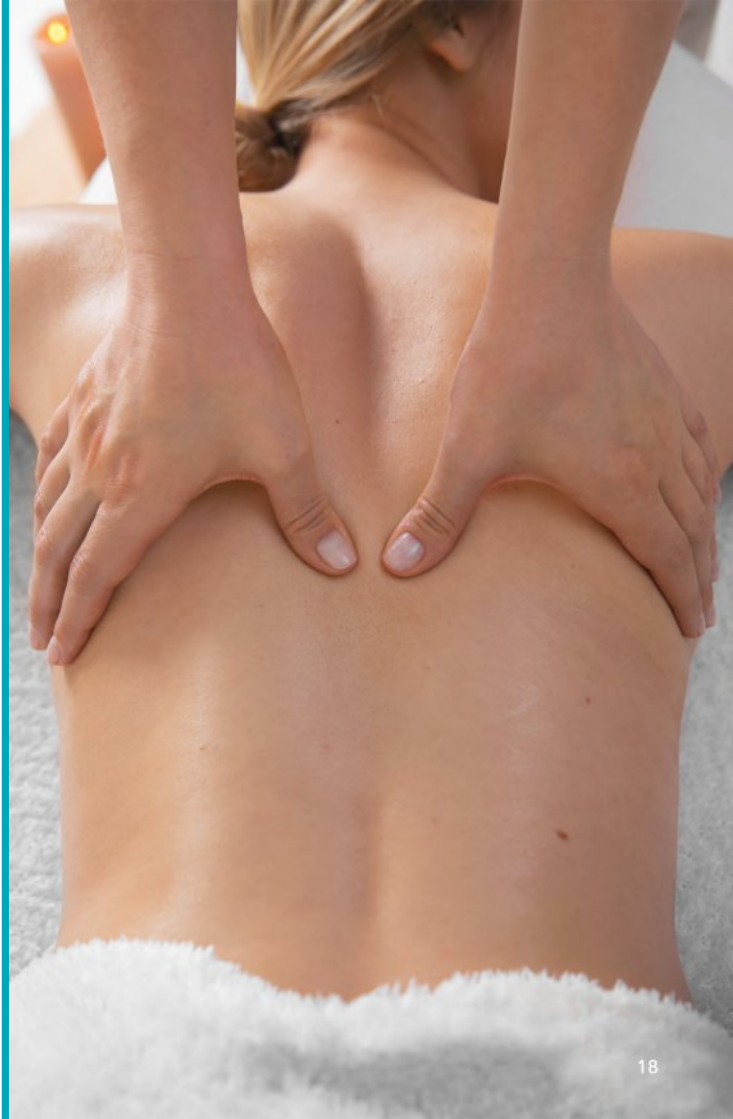
NIGHT YOUR SPA RELAXING MASSAGE

Let yourself be enveloped by a massage with long, flowing movements that release tension and promote a deep sense of well-being, preparing both body and mind for a truly restorative sleep.

🕒 25min • € 55,00 | 🕒 50min • € 85,00

Nota:

Spa services during evening hours are available only by specific reservation or when included in an offer, experience, or voucher that explicitly states the "Night" option. In the absence of this indication, services will take place during regular daytime hours.







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