



# AMARANTEPURE

TERMAS & SPA



## THERMAL SPA PRICE

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## POOL

**Tâmega Circuit** (¹Free until 5 years old, must be accompanied with an adult)

\*Dynamic pool with warm thermal water, Jacuzzi and Turkish bath (with 45' of animation)

	WORKING DAYS		HOLIDAYS AND WEEKENDS	
	ADULT	CHILD ¹	ADULT	CHILD ¹
FIRST HOUR	17 €	8 €	18,5 €	9 €
NEXT HOURS	12 €	6 €	14 €	7 €

**GROUP CLASSES** 45 min.

- HidroFit **Silver 1\*/ week 26,5 €**
- HidroFit **Gold 2\*/ week 42,5 €**
- HidroFit **Premium² 2\*/ week 62,5 €**

² Monthly nursing consultation/4 nebulizations/1 tâmega shower 2 hand 15''/1 Bertholaix

## THERMAL SPA TREATMENTS AND RITUALS

**Hydromassage** | 15 min. | **10,5 €**

**Airbath** | 15 min. | **10,5 €**

**Jet Shower** | 15 min. | **9,5 €**

**Hidropresstherapy** | 10 min. | **11,5 €**

**Bertholaix** | 15 min. | **11 €**

## BODY

**Bath Rituals** | 15 min. | **12,5 €**

Estimulating/ Circulation/ Silhouette/ Relaxing/ Tâmega/ Aromas Serra do Marão  
/Orange-cinnamon/ Cocoa-mint

## SHOWERS

**Tâmega Shower 2 Hands** | 15 min. | **18,5 €**

**Tâmega Shower 2 Hands** | 30 min. | **28,5 €**

## THERMAL PROGRAMMES

### **Tâmega Discovery** | 35 min. | 32,5 €

(anti-stress and detoxifying, using algae)

Tâmega Shower (2 hands) + Tâmega Bath

Discover Termas de Amarante, with this programme that will allow you to know the best thermal techniques and experience the benefits of these “miracle” waters.

### **Tâmega Reaffirming body** | 60 min. | 75 €

Silhouette Bath + Jet Shower + Massage Flores da Serra

Promotes blood and lymphatic circulation, tonicity and elasticity, reaffirming and hydrating the skin.

### **Tâmega Purifying** | 95,5 €

Circulation bath + exfoliation and involvement

Purifying and decongestant treatment. Combination between the bath, exfoliation and involvement in a perfect synergy of the ancestral water benefits, as well as its antioxidant properties, promoting tissue tonicity and active blood circulation. The use of lemon herb gives your body a sense of freshness and lightness.

### **Tâmega Hidrating** | 45 €

Bath Cocoa + mint + Tâmega Shower Cocoa and mint (4 hands)

The pleasant touch of the warm water, the mint’s freshness and the cocoa’s hydration make this the perfect ritual for everyone who wants a healthy and soft skin.

### **Total Relax** | 105 €

D1 (75’) –Relax Bath + Massage Amarantina

D2 (60’) – Hydro massage + Tâmega Shower (2hands) + Turkish Bath.

Tones and energizes your skin. The wild lavender’s fresh scent tones and energizes your skin, providing a moment of total relax and sense of well-being.

### **Tâmega for two** | 125 €

Tâmega Circuit + Sangonçalo Massage (for two)

Forget about your daily routine and enjoy the true combination of sensations and emotions in a world of serenity.

## FACE

### **Tâmega Facial** | 20 min. | 23,5 €

Facial massage, ideal for stress relief, and promotes natural elasticity of the skin. It alleviates the signs of facial flaccidity, leaving the skin with a radiant and healthy look.

### **Tâmega Purifying** | 90 min. | 64 €

Luxurious treatment with the use of Bulgarian Rose oil, which oxygenates and deeply cleanses the skin. The marine mud has a draining, detoxifying and anti-stress effect. Enjoy this combination that purifies, relaxes and stimulates the regeneration and vitality of skin.

### **Tâmega Hydration** | 90 min. | 64 €

Treatment with pure cocoa, which is highly hydration and nutritious. This promotes a luminous skin, hydration and elasticity.

**Tâmega Facial – For Men** | 50 min. | 48 €

Treatment specially designed for the special need of a man's skin, that promotes hydration, tone, elasticity and comfort.

**Tâmega Facial – delicate skin** | 50 min. | 60 €

Promote skin balance, nutrition and hydration.

**Personalized**

**Tâmega Facial Anti-aging with vitamin C** | 60 min. | 64 €

The Rosehip oil promotes skin regeneration and hydration, for natural beauty.

**Tâmega Facial Regenerating with Bulgarian Rose** | 60 min. | 64 €

Luxurious treatment with Bulgarian Rose, which oxygenates and deeply cleanses the skin.

## BODY

## MASSAGES

**Localized Massage** | 20 min. | 30 €

Ideal for the relief of muscular tension, localized pain and stress.

Enjoy a relaxing massage with aromatherapy, and let yourself be involved in a unique and relaxing moment.

**Full-body massage** | 50 min. | 55 €

- **Sangonçalo Massage**

Whole body massage with the use of a 100% biological oil (grapefruit grape).

This massage has a nutritive, softening and hydrating action that, combined with the essential natural extract of the "Myrtus communis" (associated with love and romance) is perfect for a relax and calm experience for that special couple's moment.

- **LuZamarantina Massage**

Whole body massage (including hands and feet). Enjoy this pleasant sensation of the warm and perfumed oil of the candles touching your skin in a relaxing and perfect massage. Personalize this moment choosing the scent to your liking, and enjoy.

- **Flores da Serra Massage**

Enjoy a relaxing massage with aromatherapy. The secret to this massage is the antioxidant, regenerator and protective power of the wild heather. The perfect and unique moment to relax and relieve muscular tensions and stress.

**Manual Lymphatic Drainage** | 50 min. | 47,5 €

Help the body eliminate excess fluids and toxins, facilitating the treatment of cellulite and body swelling.

**Other massages**

- **Amarantina Massage** | 75 min. | 70 €

Performed with pindas or natural cotton bags, it is a relaxing massage with properties that balance the nervous system, providing overall well-being.

- **Hot Stone Massage** | 50 min. | 65 €

Therapeutic massage that helps improve conditions such as: stress, anxiety, sleep quality, muscle tension and back pain

## EXFOLIATION

### **Nutritious Exfoliation** | 50 min. | 45 €

The nutritious and antioxidant action of the sunflower seeds and hazelnut oil, promotes the hydration, shine and protection of the skin, as well as flexibility and elasticity.

### **Citrus Exfoliation** | 50 min. | 45 €

Antioxidant action, due to the high concentration of vitamin C, contributes to the removal of dead cells and cell regeneration.

### **Personalized**

### **Marine Moisturizer Exfoliation** | 60 min. | 65 €

Hydrate and restore luminosity and firmness to the skin.

## INVOLVEMENT

### **Slimming Involvement** | 75 min. | 65 €

This treatment removes the dead cells and impurities of the body, reduces the adipose mass and eliminates toxins. It also tones up and contributes to a better silhouette and smooth epidermis.

### **Anti Cellulite Involvement** | 75 min. | 65 €

Detoxifying treatment, with the use of green coffee, with draining, slimming effect, that improves silhouette and gives firmness to the skin.

## TIRED LEGS SPA

Treatment for purification, circulation and decongestant effect. It's a program that uses hydropressotherapy and an involvement with essential oils of lemon grass and peppermint, that stimulates blood circulation. Feel the pleasant sensation of relief and freshness, your legs deserve it!

### **Detox and lymphatic drainage** | 60 min. | 47,5 €

### **Circulatory** | 60 min. | 47,5 €

## RITUALS

### **Ritual Of Gondar** | 60 min. | 55 €

The sweet pleasures of nature, taking care of your skin and well-being. The clay used is highly hydrating and nutritious, and being particularly aromatic induces a relaxing moment, awakening your senses. It is indicated for special skin care, for its nutrition and hydration. Get a silk touch skin with this ritual.

### **Anti Stress Ritual** | 60 min. | 55 €

Relieve muscle tension and reduce stress.

### **Baby Spa Ritual** (6 months - 18 months) | 60 min. | 55 €

Ideal for relaxation, relief from colic and baby sleep disorders.

### **Personalized**

#### **Amarantina Grape Harvest Ritual** | 80 min. | 70 €

Relax your body and mind with the perfect combination between the excellence of our mineral natural water and grapefruit extracts, with a bath, exfoliation and massage. The grapefruit's antioxidant and rejuvenating properties make this ritual perfect for the skin to restore its natural functions. Your skin will look healthy and resplendent.

#### **Ritual of Marão** | 80 min. | 70 €

Let yourself be involved with an inspirational ritual of unique sensations, using natural products of Marão mountain. It is a whole body involvement and massage with the use of 100% natural hazelnut oil. Its is an inspiring ritual with a nutritive, regenerative and hydrating action, complemented with the natural extract of Rosa Damascena, to refresh and soft the skin.

#### **Family Spa Ritual** | 80 min. | 70 €

1 Adult + 1 child (from 6 to 12 years old)

A family moment in a shared pool and massage ritual for complete general well-being

## PRE MOMMY SPECIAL RITUALS

### **Tâmega Relax Pre Mom** | 60 min. | 62,5 €

Let yourself be involved with a body massage combined with lavender's natural extract and enjoy a moment of pure well being, with a nutritive, soft and hydrating action, as well as stress relieve.

### **Tâmega Circulation Pre Mom** | 60 min. | 62,5 €

Refreshing tonic, anti fatigue and blood circulation activation with the use of Red Vine. The lavender's natural extract action used in an ascending leg massage, refreshes, decongests and improves the feeling of tired legs.

\* You can have a special touch of a face massage, courtesy of the therapist.

### **Personalized**

### **Facial Tâmega Pre Mom** | 80 min. | 72,5 €

Deep hydration with apricot and raspberry, indicated for skin care during pregnancy. The antioxidant and rejuvenating properties of the apricot and raspberry, make the skin luminous, healthy and with a silk look.

## CHILDREN'S SPECIAL

### **Children's Spa Ritual** (children aged 6 to 12) | 20 min. | 32,5 €

THE TREAT THAT EVERY CHILD DESERVES!

Full body massage, ideal for improving sleep quality, relieving stress and muscle pain.

## OTHER RITUALS

### **Hand Ritual** | 30 min. | 32,5 €

Ideal for regenerating the skin on your hands.

### **Foot Ritual** | 30 min. | 32,5 €

Ideal for regenerating the skin and reinvigorating your feet.

### **Hand and Foot Spa** | 60 min. | 50 €

Peeling + Cocoa Wrap and Relaxation Massage for Hands and Feet with Grape Seed Oil and Sweet Orange Essential Oil

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