



# AMARANTEPURE

TERMAS & SPA



## THERMAL SPA PRICE

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## POOL

### Tâmega Circuit (60')\*

\*Dynamic pool with warm thermal water, Jacuzzi and Turkish bath

\*Free until 5 years old, must be accompanied with an adult.

	WORKING DAYS		HOLIDAYS AND WEEKENDS	
	ADULT	CHILD <sup>1</sup>	ADULT	CHILD <sup>1</sup>
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 **Premium<sup>2</sup> 2\*/ week 62,5 €**

<sup>1</sup> 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. | 11,5 €

**Jet Shower** | 15 min. | 9,5 €

**Hidropresstherapy** | 10 min. | 12,5 €

**Bertholaix** | 15 min. | 11 €

## BATHS

**Bath Rituals** | 15 min. | 12,5 €

Aromatic thermal water bath with essential oil, primarily aimed at promoting a sense of well-being.

## SHOWERS

Relaxing massage performed in the comfort of a massage table strategically placed under a thermal water shower.

**Tâmega Shower** | 15 min. | 18,5 €

Performed in a single area (back or legs).

**Tâmega Shower** | 30 min. | 28,5 €

Performed in a prone position on the back and legs.

**Tâmega Shower** | 40 min. | 32,5 €

Performed on the entire body.

## MASSAGES

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

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

**Sangonçalo Massage** | 50 min. | 55 €

The perfect combination of a relaxing touch and a selection of essential oils that promote deep relaxation, relieving everyday stress and restoring well-being.

**Manual Lymphatic Drainage** | 70 min. | 65 €

A technique performed through rhythmic and continuous gentle manual pressure along the lymphatic system. Its goal is to decongest the lymph nodes, stimulate lymph flow, and drain the tissues.

### Other massages

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

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

**LuzAmarantina Massage** | 50 min. | 62,5 €

An intensely sublime ritual with a candle at the perfect temperature for a relaxing and comforting moment.

**Serra Amarantina Massage** | 50 min. | 65 €

A holistic massage designed to alleviate tension points and help release the stress that accumulates in daily life, with the help of volcanic stones at an ideal temperature.

## THERMAL PROGRAMS

### Individual Programs

**TâmegaPure discovery** | 35 min. | 32,5 €

The pleasant touch of warm water in the Ritual Bath and the feeling of pure relaxation and balance in the Tâmega Shower (20')

**TâmegaPure Antistress** | 50 min. | 60 €

Ritual Bath and relaxing full-body massage (35') that help decompress and release physical and emotional tension.

**TâmegaPure Relaxing** | 70 min. | 70 €

A body massage that provides a deep sense of relaxation and comfort, followed by a peeling and a facial relaxation massage.

### Programs for two

**TâmegaPure for Two** | 115 min. | 125 €

A memorable experience with views over the banks of the Tâmega, combining the Thermal Circuit followed by a pleasant general massage for two.

**TâmegaPure Friends** | 85 min. | 140 €

A sensory journey that begins with a Ritual Bath, culminating in a moment of peace and serenity with a full-body, facial, and cranial massage.

**TâmegaPure Moment for Two** | 50 min. | 100€

An aromatic massage, in a moment for two of pure relaxation and unwinding.

### **Tâmega Pure Total Relax** | (2days) | **110 €**

A two-day program that combines thermal techniques with well-being.

**D1** | 90 min. | **Ritual Bath + Amarantina Massage**

**D2** | 90 min. | **Tâmega Circuit + Tâmega Shower 30'**

## FACE

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

Rebalance the skin of your face through a peeling and a facial relaxation massage with a range of pure essential oils to restore daily wear, nourish, and promote the skin's natural elasticity.

### **Tâmega Hydrating** | 55 min. | **60 €**

Treatment designed to restore hydration to the skin of your face. Customized for each skin type, selecting the best oils to restore dermal balance, resulting in skin that is more nourished, hydrated, and oxygenated.

**Cleansing (pre-treatment) + Exfoliation + Face and neck massage + Mask.**

### **Tâmega Purifying** | 80 min. | **70 €**

Luxurious facial treatment through a combination of treatments and techniques that oxygenate and deeply cleanse the skin, stimulating skin regeneration and vitality.

**Cleansing (pre-treatment) + Peeling + Wrap + Face and neck massage + Mask.**

## BODY

### **Tâmega Body Treatment** | 30 min. | **30,5 €**

Massage that combines the characteristics of water with exfoliation, helping to remove dead cells and free the skin from impurities.

### **Tâmega Hydrating** | 80 min. | **75 €**

Treatment with nourishing and antioxidant action. The combination of treatments and techniques applied ensures hydration, radiance, and protection, enhancing the flexibility and elasticity of the skin.

**Ritual Bath + Exfoliation + Hydration.**

### **Tâmega Purifying** | 140 min. | **95,5 €**

Premium treatment that combines a Ritual Bath with various procedures, leaving the skin with a velvety texture, healthy and rejuvenated.

**Ritual Bath + Exfoliation + Wrap + Massage + Facial Treatment.**

## RITUALS

### **Pre-Mom SPA Ritual** | 60 min. | **65 €**

Exclusive ritual for pregnant women, starting with a relaxing back massage, followed by a draining massage for the lower limbs, and finishing with Pressotherapy.

**Relaxing back massage + Drainage maneuvers for the lower limbs + Pressotherapy.**

### **Family SPA Ritual** | 80 min. | **80 €**

1 Adult + 1 Child (aged 6 to 12)

A family moment in a shared ritual of pool and massage for complete overall well-being.

**Tâmega Circuit 60' + Localized massage (back, shoulders, and neck) 20'**

**Tired Legs SPA Ritual** | 80 min. | 65,5 €

Ideal ritual for those who feel heavy and tired legs. Circulation booster.

**Peeling + Wrap + Lymphatic Drainage Maneuvers + Hydropressotherapy.**

**Friends SPA Ritual** | 90 min. | 82,5 €

A fun moment among friends in a shared ritual of pool and a relaxing massage performed on the back and legs under abundant jets of thermal water.

**Tâmega Circuit 60' + Tâmega Shower 30'**

**Bridal SPA Ritual** | 120 min. | 80 €

A complete ritual that pampers and cares for the bride for a very special day. Enjoy a moment of perfect serenity.

**Ritual Bath + Exfoliation + Wrap + Full-Body Relaxation Massage (including cranial massage).**

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