



Areias do seixo
SANTA CRUZ · PORTUGAL

Man is body, mind and spirit. Discover your inner wisdom or... simply relax.

SPA

AREIAS DO SEIXO RITUALS

Concealed behind the enigmatic wooden doors that lead into our SPA, a world of unique sensations awaits you. Let yourself go, rediscover balance, awaken your inner wisdom and relax with us.

We are open every day from 10 am to 8 pm.

Our SPA has a dry sauna, a Turkish bath (humid heat), treatment rooms, a relaxation room and an outdoor pool. The saunas are not always operating. For more comfort, please check at reception that the Turkish bath or sauna are operating before using them.

Keep an eye on our activity board, we have yoga classes during the week.

Feel free to use the robe in your room when visiting the SPA.

We have a range of body and face treatments for you, including Indian Ayurvedic massage. Ayurvedic means the “science of life” and is based on the ancestral teachings of the Hindu people, in which Man is seen as part of and in harmony with the cosmos. All of our products are natural and our treatments use aromatherapy and phytotherapy. We use essential and vegetable oils, which are heated to provide total relaxation.

PAMPERING YOUR BODY, MIND AND SPIRIT...
FEEL LIGHTNESS AND HARMONY...



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massages

The Seixo Touch · SPA Areias do Seixo (60 min.) 90,00 € / (90 min.) 150,00 €

Enjoy the relaxing and precise touch of a massage that offers a combination of techniques: shiatsu (Japanese finger pressure techniques), Indian massage and therapeutic massage, with a surprising touch on your feet and back.

Floral Soul (60 min.) 80,00 €

Massage that touches the soul with deep and relaxing movements, taking inspiration from Indian massage, combined with the floral essence of lavender, which soothes and rebalances the nervous system.

Hot Stone Massage (60 min.) 95,00 €

The heat of the basalt stones on strategic parts of the body, in conjunction with the massage, is extremely relaxing. Feel the heat coursing through your body, involving you with the synergy of essential oils of sweet orange and mint, harmonising physical, mental and emotional energies.

Abhyanga Massage (60 min.) 90,00 €

Traditional, vigorous and intense Indian Ayurvedic massage (veda means science and ayur means life). It re-establishes the balance of the physical body, energy levels, emotions and the mind.

Thai Massage (80 min.) 135,00 €

Traditional Thai massage, it is thought that its origin dates back to Indian Buddhist roots. Ancient way of healing, it uses deep pressure and stretching along the power lines, relieves muscle tension increasing joint flexibility. It is movement, fluidity, it is a slow and rhythmic dance that comes from the heart, opening the way to the free flow of vital energy. It is non-invasive and everyone, including the most vulnerable, can begin this journey. Handles, releases, promotes a sense of freedom and inner peace. Note: This massage does not use oils, bring comfortable clothes.



specific treatments

Shirodhara (Indian Ayurvedic Tradition) (40 min.) 100,00 €

Shirodhara comes from the combination of Shiro (head) and Dhara (continuous flux). Dating back over 2,000 years, it is still one of the most profound and relaxing therapies in Ayurvedic medicine. This treatment consists of a continuous flow of oil over the Ajna chakra, forehead and temples, with slow and precise movements. This is perfect for the three human doshas (Vata, Pitta and Kapha), and can be used during all the year's seasons. For deep relaxation and great mental and spiritual power, we recommend an Abhyanga massage before the Shirodhara treatment.

Shirodhara with Abhyanga Massage (80 min.) 150,00 €

Feel the divine union, with body, mind and spirit relaxing deeply. Enjoy a body massage followed by Shiro-dhara treatment. A strong combination of therapeutic power.

Sound Massage with Tibetan Singing Bowls (50 min.) 95,00 €

This massage with Tibetan singing bowls produces sound vibrations that work on our body, causing a sense of deep relaxation. The effect of the pure vibrations takes us to a state of heightened awareness, peace and harmony. N.B.: Subject to prior booking and availability of the therapist. This treatment can be enjoyed outdoors or in your room.

I'm Pregnant · Massage for Expectant Mothers (60 min.) 80,00 €

Precious moments spent with your baby, massage with deep and relaxing movements, combined with floral lavender oil that offers balance and serenity to both mother and child. N.B.: This massage is recommended for mothers who are over 12 weeks pregnant.

Body massage with "Pindas" from our garden (60 min.) 95,00 €

Ancestral treatment from the Indian curative tradition using pindas from our garden (small cloth bags containing herbs). We carefully pick the lavender and French lavender from our garden, add sea salt and make the pindas. We warm this mixture with hot vegetable and essential oils. The combination of the massage with the pinda releases all the perfume and curative properties of the herbs, creating a relaxing and harmonious atmosphere, balancing your interior energy.



localized massages

Back and Shoulders Massage (30 min.) 45,00 €

Focussed on the back and shoulders, this relaxing massage, combined with the synergy of essential oils, reduces localized stresses, relieving muscle pain.

Relaxing Foot Massage (30 min.) 45,00 €

Pamper and stimulate the things that really "support" us every day. A relaxing massage that works on some reflexology points, reflected in your entire body.

Face and Scalp Massage (30 min.) 45,00 €

Massage that focusses on your arms, shoulders, scalp and face, freeing the mind of all tension. Relieves headaches.

Revitalizing Leg Massage (30 min.) 45,00 €

Massage that uses lymphatic drainage techniques that offer your tired legs a sense of relief and lightness, using essential rosemary, peppermint and French Cypress oils, which sooth and refresh. Helps activate circulation.



aromatherapy and herbal-rich treatments

(body and face)

Cocoa for the Skin (70 min.) 95,00 €

"Divine Cocoa" the world's most natural and effective anti-stress element. Wonderful cocoa-based treatment. Relax with the energy of cocoa and feel the benefits of this treatment boasting anti-oxidants and invigorating properties for the skin, making you smile while improving your mood. A real sweet treat for body and soul. Coffee and cocoa exfoliant gently eliminates impurities and dead cells, stimulating renewal. Cocoa and kaolin (clay) mask to help detoxification, improving skin elasticity and tone. End with a soft hydrating massage with chocolate essence and sweet orange. While your body relaxes, your face is pampered and renewed.

Desert Breeze (70 min.) 95,00 €

"Beauty is queen in the country of a thousand virtues". Detoxifying and purifying treatment, typical of oriental rituals using the earth element. The foundation of purification rituals takes us to the heart of secret, ancestral recipes for beautiful and luminous skin. Natural scrub of brown sugar and honey, with ginger and sweet orange essences. Detox Berber earth and spices mask. Berber earth powder with natural hazelnut aroma, associated with spices, offers us a journey into the infinity of the desert's purity. End with a gentle, hydrating massage. While your body relaxes, your face is pampered and renewed.

Ocean Touch (70 min.) 95,00 €

"The message of the sea combined with the energy of plants". Draining and slimming treatment, a true ritual of vitality that helps eliminate toxins. Detoxifying seaweed exfoliant that eliminates rough skin and dead cells, a source of well-being for smooth and silky skin. Using a seaweed mask, the "fucus" algae's high iodine content removes fat, smoothing skin and improving hydration. End with a gentle hydrating massage with peppermint and cypress essence. While your body relaxes, your face is pampered and renewed.



face treatments

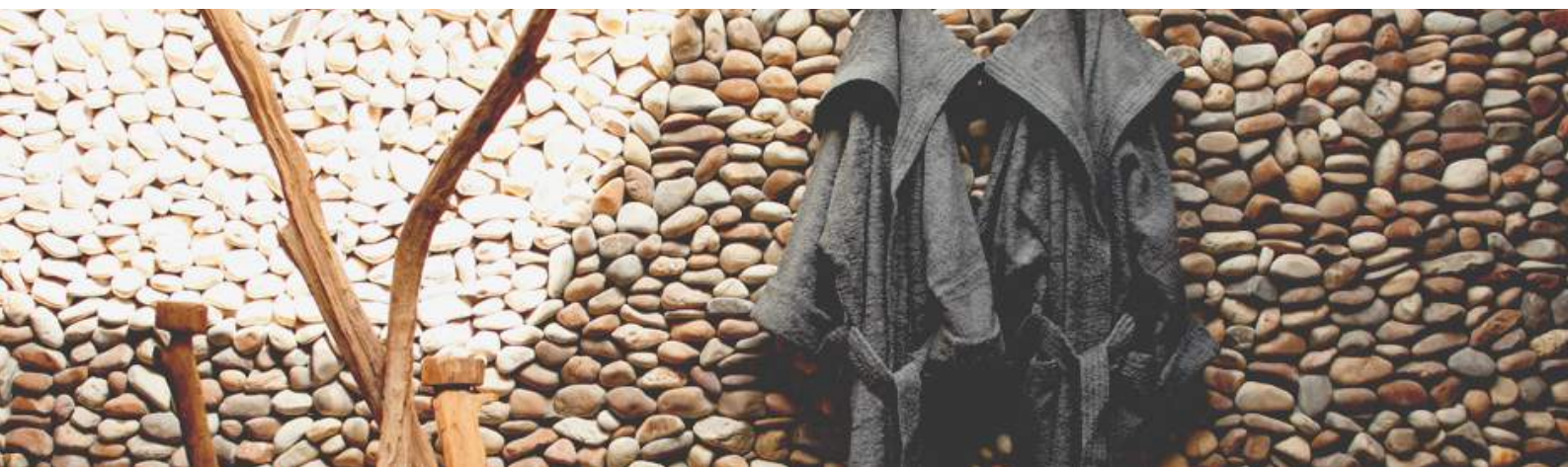
Rose Petal (50 min.) 80,00 €

“It is the time you dedicated to your rose that makes it so important”. Excellent anti-wrinkle treatment, suitable for all skin types, especially to regenerate dry, sensitive and mature skin. We begin the treatment with tamanu oil, a Polynesian oil that means “the sacred tree of a thousand virtues”. The oil extracted from the Alexandrian laurel used to protect children’s skin, is also the beauty secret of the Tahitian people. A true gift for your skin. Remove make-up and impurities with a rose mask that helps you find serenity and sensuality.

Application of cream of roses, the height of luxury and beauty.

Facial with Body Massage (90 min.) 140,00 €

Pamper and care for your face with the “Rose Petal” facial and enjoy a relaxing massage. Your skin will benefit from general and complete relaxation, becoming even cleaner and bright.**** Floral Soul Massage



body exfoliation

Natural, Honey, Sugar and essences Exfoliant (40 min.) 55,00 €

This rich exfoliant boasts a sweet, sugary flavored. Honey, which is a powerful natural moisturiser. End with an enjoyable oil massage with rosemary and sweet orange essences.

African Cocoa and Coffee Exfoliant (40 min.) 55,00 €

Cocoa powder invigorates both body and spirit. Rich in magnesium, it is excellent for relaxing muscles. The delicate texture of this homemade exfoliant eliminates impurities and dead cells. End with a gentle massage with chocolate essence.

Dead Sea Bath Salts Exfoliant (40 min.) 55,00 €

With a unique combination of minerals, such as potassium, sodium, magnesium and calcium, the Dead Sea salts boast excellent curative properties. Wrapped in Peppermint and sweet orange essences, soak up this relaxing moment and feel totally cleansed.

Body Exfoliant with Massage (90 min.) 130,00 €

Cleanse your body with body exfoliation, then relax and focus with a whole-body massage with essential oils.

N.B.: You can choose the exfoliants and the massages available on our menu.

(Floral Soul, Seixo Touch e Abhyanga)



swimming pool, sauna and turkish bath

Use the SPA for half a day 25,00 €

Enjoy the outdoor pool, sauna and turkish bath - Deep Detox and Cleansing. We recommend you bring your swimwear, we have all the necessary for your visit. Subject to prior reservation and availability. N.B.: Suitable for guests not staying at the hotel.

Saunas should be used in moderation and we recommend you use a swimsuit. Use and time can vary according to a person's aim. We recommend 15 to 20 minutes in the dry sauna. Turkish bath (humid heat) is ideal for opening up the skin's pores, stimulating and cleaning the respiratory system. This is not recommended for people with heart problems, high blood pressure or serious circulation problems. Showers are recommended before entering the saunas. When finished, a cold shower is recommended to close the skin's pores and for the body to return to its normal functions.

manicure & pedicure

Manicure (nail polish) 35,00 €

N.B.: These services are offered in your room, subject to prior reservation and availability.

Manicure (nail polish gel) 50,00 €

N.B.: These services are offered in your room, subject to prior reservation and availability.

Pedicure 50,00 €

N.B.: These services are offered in your room, subject to prior reservation and availability.



pampering for two

Room Ritual for Two (30 min.) 45,00 €

Preparation of a Jacuzzi bath in your room with floral extracts of orchids, ylang-ylang, wild roses and poppies. Boasting skin purifying and cleansing properties, it offers a sensuous and delicate bath. Relax your body and let us pamper you. Suggestion: following the bath, we recommend the “Floral Soul” massage for two (subject to prior reservation at the SPA). N.B.: Ritual for Two is only available to customers staying at the hotel.

‘My Love’ Ritual (90 min.) 195,00 €

Pass through the SPA doors and feel the relaxing “Floral Soul” massage with lavender essence. While enjoying this moment, we prepare a Jacuzzi bath in your room with floral extracts of orchids, ylang-ylang, wild roses and poppies. With depurative and purifying properties for the skin they provide a sensorial and delicate bath. Relax your body and delight in our careness. Note: The “My Love” ritual is only available to guests staying at the Hotel.

A special moment for two 260,00 €

Because there are special days and moments... because we want to surprise those we love... because we want to celebrate and share! We invite you to commemorate that special moment in our company!

Includes the “Floral Soul” massage for two (50 min.) at our SPA, as well as the opportunity to enjoy the sauna, Turkish bath and the outdoor pool (in warmer weather). / Enjoy a warming cup of tea. / Dinner at our Areias do Seixo restaurant... embark with our chef on a journey of aromas, colours and flavours and delight yourself (includes starter/main course/dessert and wine pairing). / Gift made in Areias do Seixo.

N.B.: Suitable for guests not staying at the hotel.



experiences

The Influence of the Stars on our Life (Astrologer Marta Gato) 140,00 €

Reading of your astral chart, which reveals secrets about every one of us. Astrology is not a science of the stars, it is a science of the Earth, of the lives on the Earth. The purpose of my work is to help evolution on Earth using the scheme created by signs and planets... the map of the skies is therefore a map of the earth... a map to discover everyone's Earth. N.B.: We need your time, place and date of birth, subject to prior reservation and availability of the astrologer.

Aura Reading (Therapist Catarina Palma) 110,00 €

Aura is the name given to the energy field surrounding the body that contains information that can help us understand the present, as well as revealing a little about our future. It is becoming aware. Via symbolic images, colours and perceptions, a person's aura, emotions, thoughts, actions and potential can be read. The reading also includes an energy cure and cleansing. N.B.: Subject to prior reservation and availability of the therapist.

Yoga 60min. /class 50,00 € / 5 classes 240,00 €

Originally from India, the word yoga comes from Sanskrit and means join/unite. The techniques offer balance and the union of mind and body, creating a physical and spiritual state of well-being. Of its many benefits, yoga will improve your flexibility and correct your posture. N.B.: Subject to prior reservation and availability of the instructor.

Chi Kung 60min. /class 50,00 € / 5 classes 240,00 €

Chi means vital energy and we can translate it as «the art of successfully manipulating our energy». It is a special type of traditional exercise, with easy and beautiful movements inspired by nature. N.B.: Subject to prior reservation and availability of the instructor.



spa regulations and etiquette

The SPA and all its surroundings are places of serenity, relaxation and well-being, where you can stimulate all your senses. In order to preserve this harmony, we ask, out of courtesy, that you speak quietly and turn off any electronic devices. No smoking is allowed.

Reservations

We recommend reservations are made with 12 hours' notice, thus helping you get the time most convenient to you, as well as helping us organise our schedules best.

Hotel guests can dial extension 120 to contact reception. Non-guests can contact us on: Tel. (+351) 261 936 355, or by e-mail at booking@areiasdoseixo.com

Arrival at the SPA

We recommend that you arrive at the SPA 15 minutes before your appointment to fill out a customer form. If you wish, you can enjoy the Turkish bath/sauna before and after your treatment.

Being late for your appointment may affect the following treatments and mean your appointment is shorter. If you are running late, contact us so we can reschedule.

If you are staying at the hotel, feel free to use the robe in your room when visiting the SPA. We also recommend that you leave your valuables in your

room; however, if you prefer, the SPA has a safe you can use. We recommend you bring a bikini / trunks for water and sauna experiences.

Cancellations and Changes

If you need to cancel or change your reservation, please do so the day before. We reserve the right to charge the full price for reservations cancelled on the same day.

Health and Special Care

Pregnancy, medical or any other conditions must be mentioned when reserving treatments.

Age

The sauna and common areas of the SPA are designed for persons over the age of 16. Children and teenagers can have massages with parents' authorisation.



spa regulations and etiquette

SPA Opening hours

Open every day from 10:00 am to 8:00 pm.

Sauna and Turkish Bath

Saunas should be used in moderation and we recommend you use a swimsuit. Use and time can vary according to a person's aim. We recommend 15 to 20 minutes in the dry sauna.

Turkish bath (humid heat) is ideal for opening up the skin's pores, stimulating and cleaning the respiratory system. This is not recommended for people with heart problems, high blood pressure or serious circulation problems.

Showers are recommended before entering the saunas. When finished, a cold shower is recommended to close the skin's pores and for the body to return to its normal functions.

N.B.: The saunas are not always operating. Please check at reception that the turkish bath or sauna are operating before using them.

Em nome deste Hotel que Abraça a Natureza...



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AREIASDOSEIXO.COM

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