



*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 11 am to 8 pm.

Our SPA has a dry sauna, a steam room (humid heat), treatment rooms, a relaxation room and an outdoor pool, subject to reservation.

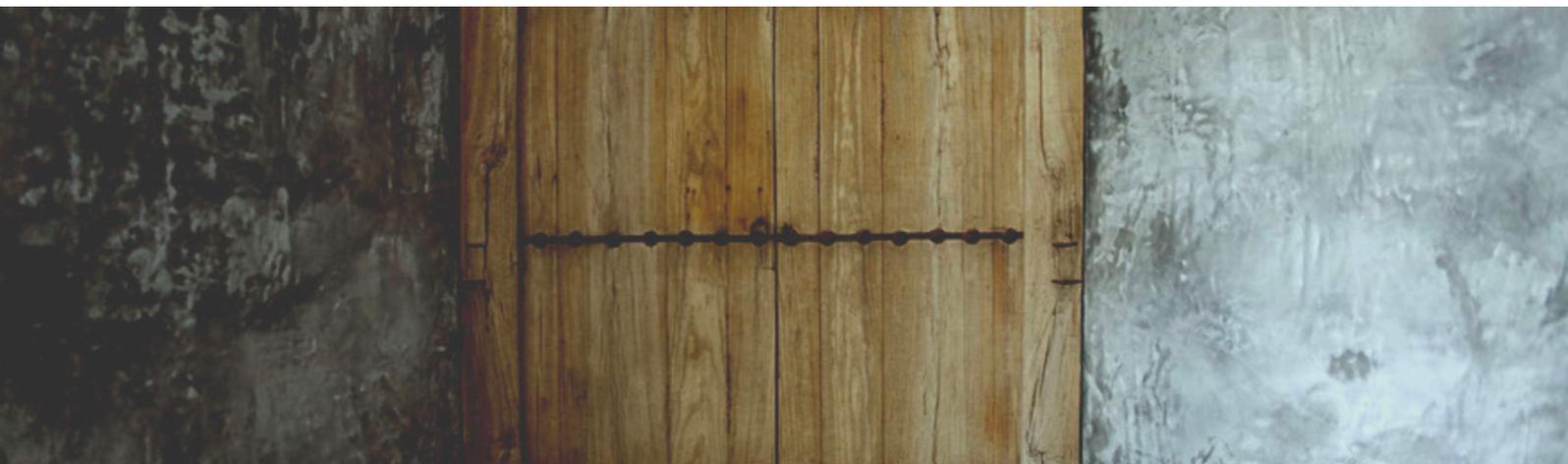
Keep an eye on our activity board, we have yoga classes during the week.

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 a person 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...



*massages* >

*massages and other treatments* >

*localized massages* >

*aromatherapy and herbal-rich treatments* >  
*(body and face)*

*face treatments* >

*body exfoliation* >

*swimming pool, sauna and steam room* >

*manicure & pedicure* >

*pampering for two* >

*experiences* >

*spa regulations and etiquette* >



## massages

---

### **The Seixo Touch · SPA Areias do Seixo** (60 min.) 120,00 € / (90 min.) 175,00 €

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. Uses the synergy of Rosemary and Sweet Orange essences.

### **Floral Soul** (60 min.) 110,00 €

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.) 130,00 €

The heat of the basalt stones, combined with a heated oils' massage, is extremely relaxing. Feel the heat coursing through your body, involving you with warm oils and the essences of Rosemary and Sweet Orange.

### **Abhyanga Massage** (60 min.) 120,00 €

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. Uses the synergy of Rosemary, Sweet Orange and Ginger essences.

### **Oriental Fusion Massage** (60min.) 130,00 €

Shiatsu (traditional Japanese massage) and Thai Massage (traditional Thai massage), together, in a dance that opens energy channels, promoting vital circulation. Through deep pressures and stretches throughout the body, feel emotional and physical tension's relief, and the increasing of both muscle and joint flexibility.

It promotes, liberates and boosts a sense of revitalization and greater freedom of movement. Note: wear comfortable clothes.



## *massages and other treatments*

---

### ***Shirodhara*** (Indian Ayurvedic Tradition) (40 min.) 120,00 €

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 warm 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). For a deeper and more therapeutic relaxation we recommend doing the Abhyanga massage before the Shirodhara treatment.

### ***Shirodhara with Abhyanga Massage*** (80 min.) 175,00 €

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.

### ***I'm Pregnant · Massage for Expectant Mothers*** (60 min.) 120,00 €

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.



## *massages and other treatments*

---

### **Sound Therapy** (50 min.) 120,00 €

For this moment of well-being and tranquility, we use the vibrations of Tibetan singing bowls, crystal bowls, gongs and the sound of other relaxing instruments that produce rich sound vibrations, which will act on your body and mind, causing a deep relaxation feeling and a meditative state. Some bowls will be placed alongside your body; made of around 60% water, it has an extraordinary capacity for sound transmission throughout all tissues and cells. Sound takes us to a place of peace, serenity and harmony.



## *localized massages*

---

### ***Back and Shoulders Massage*** (30 min.) 65,00 €

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.) 65,00 €

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, Neck and Scalp Massage*** (30 min.) 65,00 €

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

### ***Revitalizing Leg Massage*** (30 min.) 65,00 €

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)

---

### ***Cocoa for the Skin*** (60 min.) 120,00 €

Relaxing and anti-oxidising treatment for the skin - Arômes Natur. "Divine Cocoa", delightful body treatment based on Cocoa, a powerful anti-stress. Relax with its energy and boost your good mood. A treatment that will make you smile, while taking care of your skin. A real sweet treat for body and soul. Using natural salts scrub which cleanses, nourishes and prepares the skin for cocoa and white clay wrapping. It ends with a gentle and hydrating massage with Chocolate oil and essence.

### ***Sweet Orange Breeze*** (60 min.) 120,00 €

Anti-aging and Purifying treatment for the skin - Arômes Natur. "The Orange is Queen", rich in Vitamin C, nourishes and vitalizes the skin by blocking its aging process. Exfoliates, cleanses and stimulates the circulation, preparing the skin for a nutritious and antioxidantsweet orange wrapping. It ends with moisturizer with Sweet Orange essential oil. Relax in this sweet breeze.

### ***Ocean Touch*** (60 min.) 120,00 €

Remineralizing and Reaffirming treatment - Arômes Natur. "The message of the Sea combined with the energy of the plants". Treatment that uses sea salt scrub with a seaweed bath, that will clean and purify your skin, preparing it for the Seaweed, clay and horsetail wrap / mask. Activates metabolism, stimulates the elimination of toxins. It finishes with a gentle moisturizing massage with Rosemary and Bergamot essences.



## *face treatments*

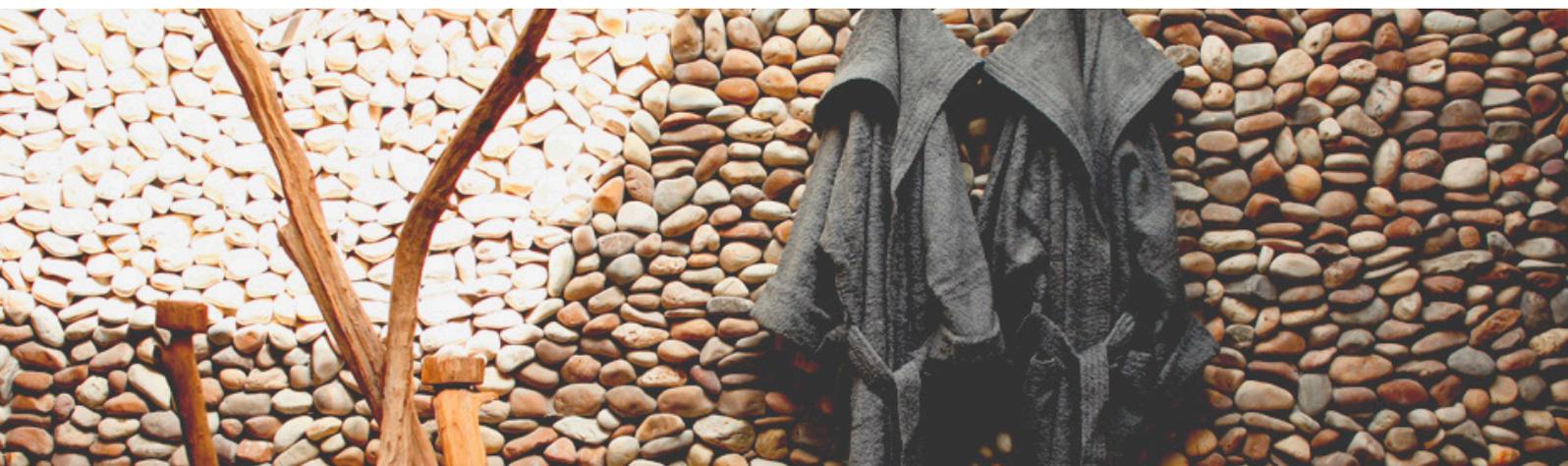
---

### ***Rose Petal*** (50 min.) 100,00 €

Arôms Natur. “It was the time you dedicated to your rose that made it so important”. Excellent for all skin types, it regenerates, calms and deeply moisturizes. Cleanses and tones with Biofloral of roses; exfoliates with salt from the laminaria which remineralizes the skin; uses the white clay mask that calms Ph levels and absorbs the impurities. On the micronized Rose Petal of Bulgaria, you will find an excellent anti-inflammatory and anti-wrinkles. It finishes with the Regenerating Rose of Bulgaria serum that will return splendour and the vitality to your skin.

### ***Facial with Body Massage*** (90 min.) 175,00 €

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*

---

### **Sweet Orange** (40 min.) 75,00 €

With a soft and sweet texture, this nourishing and anti aging scrub, wrapped in the orange scents, will renew and cleanse your skin deeply. It finishes with a gentle massage of sweet orange and ginger essence.

### **Cocoa Exfoliant** (40 min.) 75,00 €

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.

### **Marine Bath Salts Exfoliant** (40 min.) 75,00 €

With a unique combination of minerals, such as potassium, sodium, magnesium and calcium, the marine 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.) 170,00 €

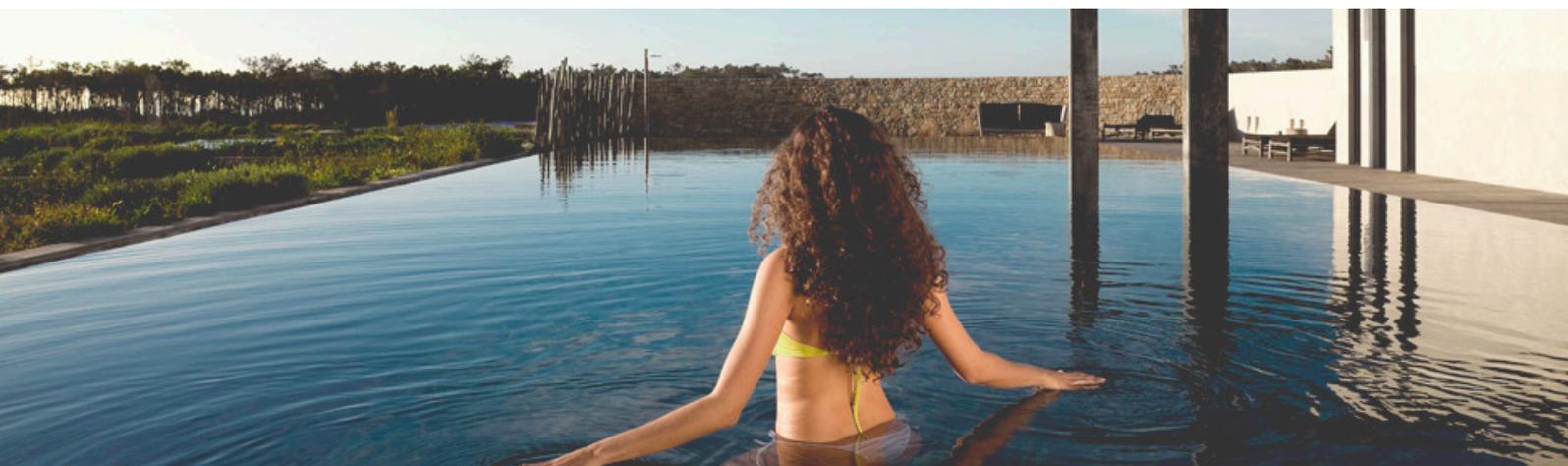
Cleanse your body with body exfoliation, then relax and focus with a whole-body massage with essential oils.

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

(Floral Soul, Seixo Touch e Abhyanga)

### **Body Exfoliant with Facial and Body Massage** (90 min.) 195,00 €

Clean and renew your skin with a body scrub, then moisturize, relax and wrap yourself in a full body massage. Pamper and Refresh your visage with the "Rose Petal facial". This treatment is a perfect combination of vitality and relaxation. N.B.: You can choose the exfoliants available on our menu.



## *swimming pool, sauna and steam room*

---

***Use the sauna and steam room for 2 hours*** 15,00 €  
(for guests)

The usage of sauna and steam room requires a payment of 15,00€ / person. Subject to prior reservation and availability. N.B.: For guests that book massages and/or treatments the usage of sauna and steam room is free of charge before or after the massage and/or treatment, subject to prior reservation.

Saunas should be used in moderation and we recommend you use a swimsuit. Use and time can vary according to each person. We recommend 15 to 20 minutes of usage. Steam room (humid heat) is ideal for opening up the skin's pores, stimulating and cleaning the respiratory system. The usage of the Saunas 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. The Saunas are not always operating. Please check at reception if both the sauna and steam room are operating before using them.

***Use the SPA for half a day*** 60,00 €  
(for non-guests)

Enjoy the outdoor pool, sauna and steam room - Deep Detox and Cleansing. We recommend you bring your swimwear, we have all the necessary for your visit. Subject to prior reservation and availability.

## *manicure & pedicure*

---

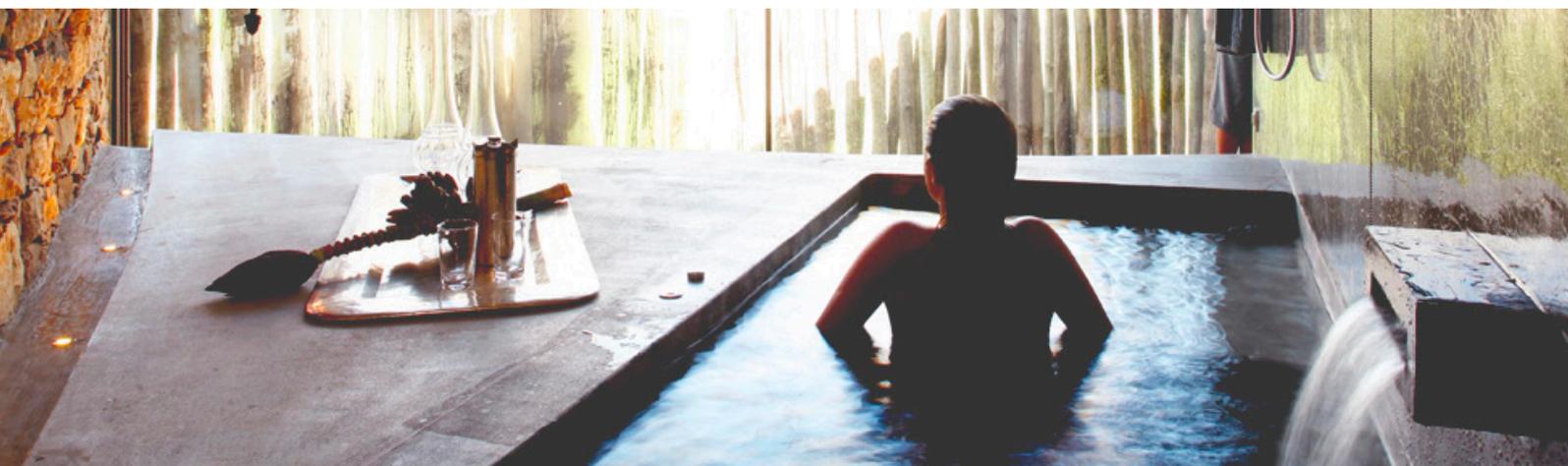
N.B.: All the manicure and pedicure services are offered in your room, subject to prior reservation and availability.

***Manicure (nail polish)*** 35,00 €

***Manicure (nail polish gel)*** 50,00 €

***Pedicure*** 50,00 €

***Pedicure (nail polish gel)*** 65,00 €



## *pampering for two*

---

### ***Room Ritual for Two*** 60,00 €

Preparation of a Jacuzzi bath in your room with Lavander essence (L'Occitane en Provence). 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*** 245,00 €

Pass through the SPA doors and feel the relaxing "Floral Soul" (50 min) massage with Lavender essence. While enjoying this moment, we prepare a Jacuzzi bath in your room with Lavander essence (L'Occitane en Provence). 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*** 370,00 €

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*

---

### **Yoga** 60min.

Free access for guests during the stay, in group sessions

OR

€ 60 / per person | customized session for 2 people

€ 85 / per person | customized session for 1 person

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 general availability, according with weekly schedule.

### **Aura Reading** (Therapist Catarina Palma) 150,00 €

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.

### **The Influence of the Stars on our Life** (Astrologer Marta Gato) 150,00 €

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.

## *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***

The SPA works only under pre reservation, subject to availability. For guests that book massages and/of treatments the usage of sauna and steam room before and after, free of charge. For both cases we ask a previous notice. For guests that do not book any massage and/or treatment, the usage of sauna and steam room requires a payment of 15,00€ / person.

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. Guests can dial extension 120 (hotel) or 1100 (villas) to contact reception. Non-guests can contact us on: Tel. (+351) 261 936 355, or by e-mail at [booking@areiasdoseixo.com](mailto:booking@areiasdoseixo.com)

### ***Arrival at the SPA***

We recommend that you arrive at the SPA 10 minutes before your appointment to fill out a customer form. If you wish, you can enjoy the sauna and steam room 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.

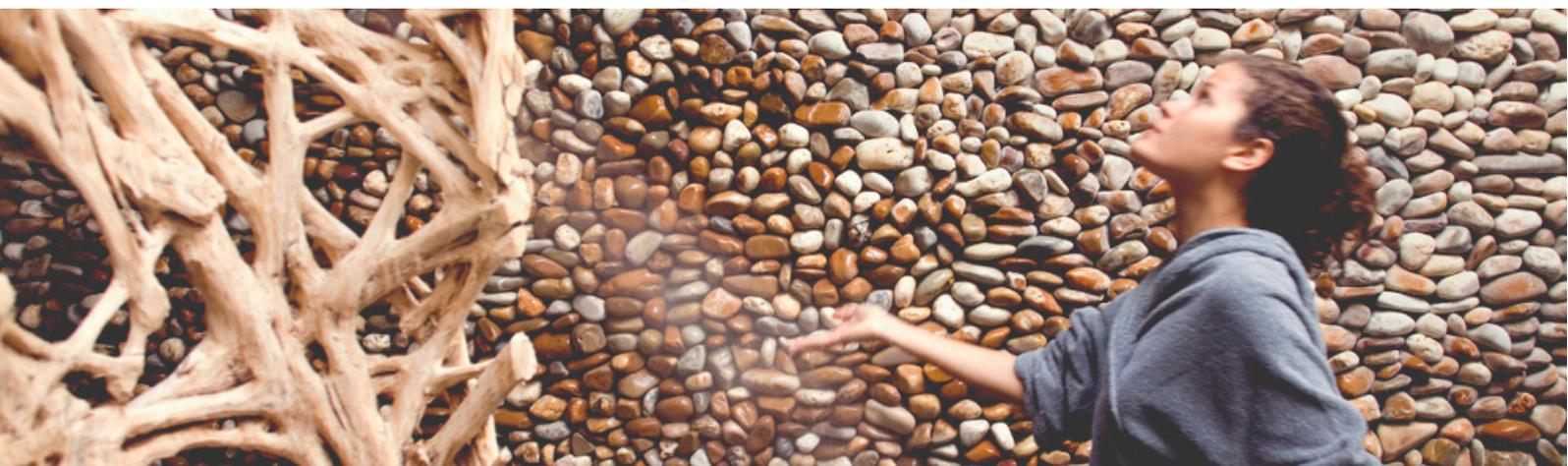
If you are staying at the hotel, feel free to use the robe in your room when visiting the SPA. We also recommend that you leave your valuables in your room; however, if you prefer, the SPA has a safe you can use. We recommend you bring a bikini / trunks for water and sauna experiences.

### ***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.



## *spa regulations and etiquette*

---

### **Age**

The sauna, the steam bath, 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 Opening hours**

Open every day from 11:00 am to 8:00 pm

### **Sauna and steam room**

These work only under pre reservation, subject to availability. For guests that book massages and/or treatments the usage of sauna and steam room is free of charge. For guests that do not book any massage and/or treatment, the usage of sauna and steam room requires a payment of 15,00€ / person. Sauna should be used in moderation and we recommend you use a swimsuit. Use and time can vary according to each person.

We recommend 15 to 20 minutes of usage.

Steam room (humid heat) is ideal for opening up the skin's pores, stimulating and cleaning the respiratory system. The usage of the Saunas 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 if both sauna and steam room are operating before using them.

*Em nome deste Hotel que Abraça a Natureza...*



*Areias do seixo*

SANTA CRUZ · PORTUGAL

Phone. +351 261 936 355 (call to national fixed network)

Email. [booking@areiasdoseixo.com](mailto:booking@areiasdoseixo.com)

AREIASDOSEIXO.COM

---

Mod.10.05.P02