

TERMAL SPA



PEDRAS SALGADAS
spa & nature park

THE NATURAL MINERAL WATER OF
PEDRAS SALGADAS

Medical Appointment	65€		
	Unit	Série7	Série14
Hidropinia	20€	38€	
(Water Ingestion)			
	Simple	35€	65€
Aerosol 15m			
	Sonico	50€	90€
Jet Shower 10m	15€	100€	190€
Immersion Baths 20m	15€	100€	190€
Hydromassage simple	25€	165€	310€
20m			
Hydromassage with	25€	165€	310€
Air Bath 20m			
Shower with Massage	30€	200€	330€
Therapeutic 20m			
Shower with Massage	40€	260€	440€
complete 40m			
Exfoliating shower	40€		
with Pedras Salgadas - Mineral Water			

VAT exempt values under number 2, Article 9 of the VAT Code

RELAX CIRCUIT	20€
Swimming Pool, Sauna, and Turkish Bath.	
Duration 2 hours. Is required use a swimming cap	
HAPPY HOUR	7,5€
Inside Pool. Duration 1 hour	
From 10 hours to 18 hours	
GYMNASIUM	
Duration 1 hour	7,5€

RITUALS PEDRAS SALGADAS

PEDRAS RELAX	140m 160€
Circuit Relax (Swimming Pool, Sauna, and Turkish Bath). Jet Shower / Hydromassage / Relax Massage / Facial Treatment	
PEDRAS BEAUTY	95min 99€
Circuit Relax (Swimming Pool, Sauna, and Turkish Bath) Shower with Massage (Vichy Shower) / Facial Treatment	
PEDRAS DETOX	90min 78€
Circuit Relax (Swimming Pool, Sauna, and Turkish Bath) Jet Shower/ Slimming	

TREATMENTS BY ELEMIS

FACIAL TREATMENTS

FACIAL DRAINAGE (cup suction therapy)	25m 45€
PRO-COLLAGEN AGE DEFY	55m 95€
HERBAL LAVENDER REPAIR	55m 65€
EXOTIC MOISTURE DEW	55 m 65€
ENERGISER FOR MEN	55m 80€



BODY TREATMENTS

CLEANSING SALT SCRUB	25m 50€
DRENAGEM CORPO (com ventosas)	55m 80€
SLIMMING	75m 75€
CELLUTOX AROMA SPA OCEAN WRAP	75m 85€
TARGETED TONING TIGHTENER	80m 90€
MUSCLEASE AROMA SPA OCEAN WRAP	75m 85€

SUMMER BREAK

DRENAGEM DE CORPO (cup suction therapy)	140m 140€
CELLUTOX AROMA SPA OCEAN BODY WRAP	
CLEANSING SALT BODY SCRUB	80m 102€
EXOTIC MOISTURE DEW FACIAL	
BEAUTY TREATMENT	
Depilation, Manicure and Pedicure	

WELLNESS TREATMENTS

RELAX MASSAGE (Individual)

LIGHT RELAX	25m 45€
DEEP RELAX	50m 70€
INDIAN HEAD	50m 65€
DEEP SLEEP	80m 100€
BODY & FACE REVIVE	80m 110€
HOT STONE MASSAGE	80m 100€
PREGNANT	50m 65€
KIDS	20m 35€

DEEP MASSAGE

INTENSE MASSAGE	25m 50€
DEEP TISSUE MASSAGE	50m 80€
SPORT MASSAGE	50m 80€

COUPLE EXPERIENCES (double suite)

PEDRAS AROMA EXPERIENCE (Relax Massage)	50m 150€
PEDRAS PARK EXPERIENCE (Tília & Salts Body Scrub + Revive Body Massage)	80m 190€
PEDRAS SPECIAL EXPERIENCE (Tília & Salts Body Scrub + Revive Body Massage + Express Facial)	110m 240€
PEDRAS FULL RELAX EXPERIENCE (Tília & Salts Body Scrub + Revive Body Massage + Facial + Tea Experience)	180m 320€



HEALTH WEEKS

THERMAL PROGRAMS

LIGHT LEGS

BASE PROGRAM 358€
Medical Appointment, 6 Hydromassages, 6 Phlebology Circuits and 6 Legs Massage

BASE PROGRAM + COMPLEMENTARY 628€
Base Program + 6 Shower Massage Therapeutic, 6 Jet Shower and 2 Legs Drainage

WEIGHT CONTROL

BASE PROGRAM 460€
Medical Appointment, 1 Nutrition Appointment, 6 Hydromassage, 6 Shower Massage Therapeutic, 6 Jet Shower and Gymnasium

BASE PROGRAM + COMPLEMENTARY 610€
Base Program + 2 Pilates Classes, 2 Coaching PT Sessions and Personal Trainer

ANTI-STRESS

BASE PROGRAM 380€
Medical Appointment, 6 Hydromassage, 6 Shower Massage Therapeutic, 6 Jet Shower e 6 Phlebology Circuits

BASE PROGRAM + COMPLEMENTARY 648€
Base Program + 3 Yoga Classes, 1 Meditation Sessions, 2 Relax Massage 25 min

LIGHT BACK

BASE PROGRAM 515€
Medical Appointment, 6 Hydromassage, 6 Shower Massage Therapeutic, 6 Back Massage and 6 Phlebology Circuits

BASE PROGRAM + COMPLEMENTARY 673€
Base Program + 3 Pilates Classes and 4 Jet Shower

VALIDS PROGRAMS FROM SUNDAY UNTIL TO FRIDAY