



PENA D'ÁGUA
WELLNESS SPA



PENA D'ÁGUA
boutique hotel & villas

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Let yourself be immersed in our mountain treatments.

We believe that nature provides us with all the elements we need to feel good and transmit physical and emotional well-being.

Here, we use the endogenous plants of our region and extract from them the best benefits and treatments to offer you.



SPA CIRCUIT

To fully enjoy our Wellness SPA, we recommend using all the elements at your disposal. Starting with our heated indoor pool, then the Turkish bath and finally the sauna.

Also prioritizing rest and relaxation after these elements, you can complement this relaxation ritual with a massage in consultation with our team of therapists.

GYM

Here you have everything you need to maintain your fitness routine, even on your break (ou rest) days with us.

In our gym we prioritize the use of body weight as the best element to practice physical activity and keep the body active.





MOUNTAIN TREATMENTS

MOUNTAIN BALANCE

70 min || 80 Eur

Immerse yourself in a unique experience designed exclusively for you. Inspired by the natural elements of our mountains, we have created a ritual that allows you to **pamper and reinvigorate body and mind**. We bring you the benefits of **Lavender, Juniper and Eucalyptus**, in a **relaxing foot bath and full body massage**, made with heated oils, carefully produced by us.

IN-DEPTH MASSAGE

50 min || 70 Eur

A session to deeply work out **muscular tensions throughout the body**. It releases stress and brings a boost of energy combined with a feeling of well-being.

A journey of **toning action** through our essential oils.

SOOTHING TREATMENTS

HOT STONE MASSAGE

80 min || 85 Eur

The **heated basalt rocks** act deeply on the whole body, bringing **warmth and relaxation** to the body tissues.

The stones bring perfect harmony between body, mind and spirit.

Suggestion: Scalp Massage

SERRA DA ESTRELA RELAXATION

50 min || 70 Eur

The **juniper berry** from Serra da Estrela has properties that promote the muscle regeneration. By combining its essential oil with pindas **stuffed with rice and berries**, we create an aromatic and sensitive ritual that will linger in your memory.

MASSAGEM DE VELAS

50 min || 70 Eur

Let yourself be drawn in this treatment and enjoy the pleasant sensations of **relaxation and well-being** that the candles provide with their warmth and aromas of Serra da Estrela.

Suggestion: Scalp Massage: 10 Min || 10 Eur





LOCALIZED TREATMENTS

VIRIATO PATHS

30 min || 45 Eur

Revitalization of your **back or lower limbs**, the choice is yours, with **rosemary essential oil** to recover from long walks along our mountain trails.

Suggestion: Arms and Hands Massage: 10 min || 10 Eur

BIODYNAMIC MASSAGE

30 min || 45 Eur

Massage on the **head, face, shoulders and neck**, designed to **release physical** and emotional tensions as well as **release the breath** using **essential oils** from our mountain region.

Suggestion: Arms and Hands Massage: 10 min || 10 Eur

LYMPH-REDUCING TREATMENT

45 min || 70 Eur

The recipe is simple: **steady pressure** at a strong pace. This technique reduces **edema and cellulite**, while activating blood circulation. Better than the technique is the outcome it provides.



PRE-MUM TREATMENTS

LOCALISED

30 min || 45 Eur

Massage for pre-mums on the lower limbs or back that offers ideal relaxation and reduces tiredness providing comfort and well-being.

Suggestion: Arms and Hands Massage: 10 min || 10 Eur

RELAXATION / RELAXING MASSAGE

50 min || 65 Eur

This massage combines **relaxing and draining** movements that complete relaxation and tension relief with **essential oils**.

Suggestion: Scalp Massage: 10 min || 10 Eur





CHILDREN THERAPIES

Up to 12 years old

LOCALIZADA

15 min || 30 Eur

Massage for the youngest, on the **back or lower limbs** that promotes relaxation in children.

RELAXATION

30 min || 45 Eur

A pampering for the little ones that helps them relax and calm down through oils with essences from Serra da Estrela.





Opening Hours

Gym, Interior and Exterior Swimming Pool: 09h00 to 24h00

Sauna and Turkish Bath: 09h00 to 22h00



Before Arrival: We recommend that you take a shower, leaving your body body available for complete relaxation.



Arrival: We recommend you arrive at our Wellness Spa 30 to 40 minutes before your treatment so that you can relax and enjoy our facilities.

We advise you to use the sauna and Turkish bath before your treatment in order to get all your treatment in order to get all the benefits.

If you don't want to use the spa, we recommend arriving 15 minutes before each treatment.



Use of space: We endeavour to offer you a peaceful and relaxing environment. We ask that you respect the needs of others and the established rules.



Children: Allowed to stay until 7pm when accompanied by adults.



Late arrivals: In order to respect the reservations of all our clients, we would like to inform you that we cannot extend your treatment in the event of a delay.



Cancellation Policy: Cancellations made less than 4 hours in advance, no-shows or changes to other times or shorter services, will result in full payment of the booking.