



SPA



HOLIDAY INN PORTO GAIA
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Massagens e Tratamentos | Massages & Treatments

MASSAGEM À LA CARTE À LA CARTE MASSAGE

50€  30' min

70€  50' min

90€  70' min

Embarque nesta viagem sensorial e cuide de si. Nesta massagem pode escolher o óleo essencial que mais lhe convém ou simplesmente deixar-se aconselhar pelos nossos terapeutas. O tratamento será adaptado consoante a duração e as suas necessidades.

Try this sensorial journey. You can choose your essential oil or let the therapist guide you. This treatment will be customized according to its duration and your needs.

MASSAGEM ABHYANGA ABHYANGA MASSAGE

80€  50' min

Massagem de relaxamento de corpo inteiro inspirada na massagem indiana, realizada com óleo aquecido e com movimentos longos, profundos e suaves. Deixe-se envolver pelo ritmo relaxante desta massagem.

Full body relaxation massage inspired by the indian massage, the warm oil is applied with long, deep and gentle strokes. Immerse yourself in the quiet rhythm of this massage.

MASSAGEM ABHYANGA HINDU HINDU ABHYANGA MASSAGE

95€  70' min

Boa parte das tensões acumulam-se nos nossos pés. Assim, esta massagem começa dando-lhes uma especial atenção com um ritual hindu de boas-vindas. A seguir, só tem de fechar os olhos e usufruir da Massagem Abhyanga.

Our feet accumulate lots of tension. So, the treatment begins with a special treat for them: Hindu welcoming ritual. Afterwards, you just have to close your eyes and experience the Abhyanga Massage.

DUCHE VICHY VICHY SHOWER

60€  25' min

Massagem que combina a pressão de jatos em simultâneo com as mãos dos terapeutas. Venha descobrir o poder relaxante da água neste tratamento de hidroterapia.

This massage combines the pressure of water jets and the therapists hands work. Find out the relaxation power of the water with this hydrotherapy treatment.

PROGRAMA “AQUA” “AQUA PROGRAM”

100€  50' min

Faça esta rotina essencial de corpo para remover as células mortas da pele. Feita no nosso duche vichy, retiramos o exfoliante com os jatos, deixando, além da pele macia, o corpo relaxado. De seguida segue a nossa massagem Duche Vichy.

Try this essential body treatment for removing dead skin. As the scrub is done in the vichy shower, you will not only get smooth skin, but also a relaxed body. Afterwards, the Vichy Shower will start.



Massagens e Tratamentos | Massages & Treatments

DRENAGEM LINFÁTICA

LYMPHATIC DRAINAGE

55€  30' min

75€  50' min

95€  70' min

Técnica de massagem que tem por objetivo estimular o sistema linfático a trabalhar de forma mais acelerada ajudando a filtrar e eliminar as toxinas. Quer reduzir o inchaço ou quer melhorar a sua circulação sanguínea? Marque connosco a sua sessão!

Massage technique that aims to stimulate the lymphatic system to work faster in helping to filter and eliminate toxins. Do you want to reduce swelling or improve your blood circulation? Book your session with us!

RITUAL TERAPÉUTICO COSTAS BY @AROMSNATUR

BACK THERAPEUTIC RITUAL BY @AROMSNATUR

85€  50' min

Tratamento 100% biológico, desintoxicante e anti-inflamatório para alívio de contraturas e tensão acumulada. Inclui uma exfoliação com minerais, um cataplasma de algas marinhas e uma massagem muscular relaxante com óleo vegetal de sésamo, arnica e aplicação de um bálsamo.

100% organic, detoxifying and anti-inflammatory treatment to relieve contractures and accumulated tension. Includes an exfoliation with minerals, a seaweed poultice and a relaxing muscle massage with vegetable sesame oil, arnica and application of a balsam.

RITUAL PERNAS E PÉS CANSADOS

LEGS & FEET THERAPEUTIC RITUAL

85€  50' min

Tratamento biológico para pernas cansadas. Inicia-se com uma exfoliação com óleo essencial de laranja e açúcar. De seguida usufrua de um envolvimento e de uma massagem com óleo terapêutico específico para pernas cansadas com várias essências, nomeadamente cipreste, hortelã pimenta e esteva.

Biological, relaxing, and draining care for tired legs. This treatment begins with an orange essential oil and sugar scrub. Then enjoy an algae wrap and a relaxing massage with several essential oils, for example: cypress, peppermint and rock rose flower oil.

MASSAGENS PERNAS QUENTAS ÀS COSTAS

HOT STONES BACK MASSAGE

60€  30' min

Nesta massagem as pedras quentes vão auxiliar o trabalho do terapeuta fundindo-se com as suas mãos. O calor das pedras ajuda a proporcionar um verdadeiro momento de puro relaxamento aliviando tensões acumuladas nas costas. Desfrute dos benefícios destes óleos, da pressão e do calor das pedras.

In this massage the hot stones will assist the work of the therapist by merging with her/his hands. The heat of the stones helps to provide a true moment of pure relaxation, relieving accumulated tension in the back. Enjoy the benefits of these oils, the pressure and the heat of the stones.



Horário de Funcionamento

10h00-19h00

A realização das terapias é feita mediante marcação e devem ser agendadas com pelo menos 24h de antecedência por telefone (+351 223 747 500) ou email (spa@hiportogaia.com).

Solicitamos que o cancelamento/alteração da sua reserva sejam realizados com o mínimo de 24h de antecedência.

Em caso de não cancelamento prévio ou não comparência, a sessão será cobrada integralmente (exceto por motivo de saúde).

Convidamos os nossos clientes a comparecerem na receção com o mínimo de 15 min. de antecedência. Os atrasos comprometem o tempo dedicado ao tratamento.

As terapias disponíveis não serão acessíveis para crianças com menos de 16 anos.

Por favor, informe caso esteja grávida, qual o tempo de gravidez (aceitamos marcações entre o quarto e o sétimo mês de gestação), qualquer condição de saúde, alergia ou dor que possa interferir no seu tratamento.

Por favor mantenha o silêncio no SPA e o seu telemóvel sem som.

Opening hours

10 am to 7pm

Please book 24h in advance by phone (+351 223 747 500) or by email (spa@hiportogaia.com). Please notify us at least with a 24h heads-up in case of cancellation. In case of no-show, the full amount will be charged (except in case of health issues).

Please be at the reception desk 15 min. before the treatment. Any delay will undermine the time dedicated to your treatment.

Therapies are not available for children under 16 years.

Please inform us if you are pregnant (treatments can only be done between the 4th and the 7th month), if you have any health condition, allergy or pain that might interfere with your treatment.

Please keep quiet in the spa and your mobile phone muted.



Massages et traitements | Massages & Treatments

MASSAGE À LA CARTE À LA CARTE MASSAGE

50€  30' min

70€  50' min

90€  70' min

Embarquez pour ce voyage sensoriel et prenez soin de vous. Dans ce massage, vous pouvez choisir l'huile essentielle qui vous convient le mieux ou simplement vous laisser conseiller par nos thérapeutes. Le traitement sera adapté en fonction de la durée et de vos besoins.

Try this sensorial journey. You can choose your essential oil or let the therapist guide you. This treatment will be customized according to its duration and your needs.

MASSAGE ABHYANGA ABHYANGA MASSAGE

80€  50' min

Massage de relaxation du corps entier inspiré du massage indien, réalisé avec de l'huile chauffée et des mouvements longs, profonds et doux. Laissez-vous envelopper par le rythme relaxant de ce massage.

Full body relaxation massage inspired by the indian massage, the warm oil is applied with long, deep and gentle strokes. Immerse yourself in the quiet rhythm of this massage.

MASSAGE HINDOU ABHYANGA HINDU ABHYANGA MASSAGE

95€  70' min

Une grande partie de la tension s'accumule dans nos pieds. C'est pourquoi ce massage commence par leur accorder une attention particulière grâce à un rituel de bienvenue hindou. Ensuite, il ne vous reste plus qu'à fermer les yeux et à profiter du massage Abhyanga.

Our feet accumulate lots of tension. So, the treatment begins with a special treat for them: Hindu welcoming ritual. Afterwards, you just have to close your eyes and experience the Abhyanga Massage.

DUCHE VICHY VICHY SHOWER

60€  25' min

Massage qui combine la pression des jets simultanément avec les mains des thérapeutes. Découvrez le pouvoir relaxant de l'eau dans ce traitement d'hydrothérapie.

This massage combines the pressure of water jets and the therapists hands work. Find out the relaxation power of the water with this hydrotherapy treatment.

PROGRAMME "AQUA" "AQUA PROGRAM"

100€  50' min

Effectuez cette routine corporelle essentielle pour éliminer les cellules mortes de la peau. Dans notre douche Vichy, nous éliminons le gommage à l'aide des jets, laissant non seulement une peau douce mais aussi un corps détendu. Vient ensuite le massage sous la douche Vichy.

Try this essential body treatment for removing dead skin. As the scrub is done in the vichy shower, you will not only get smooth skin, but also a relaxed body. Afterwards, the Vichy Shower will start.



Massages et traitements | Massages & Treatments

LE DRAINAGE LYMPHATIQUE LYMPHATIC DRAINAGE

55€  30' min

75€  50' min

95€  70' min

Technique de massage qui vise à stimuler le système lymphatique pour qu'il fonctionne plus rapidement et aide à filtrer et à éliminer les toxines. Vous souhaitez réduire les gonflements ou améliorer votre circulation sanguine ? Réservez votre séance avec nous !

Massage technique that aims to stimulate the lymphatic system to work faster in helping to filter and eliminate toxins. Do you want to reduce swelling or improve your blood circulation? Book your session with us!

RITUEL THÉRAPEUTIQUE BACK PAR @AROMSNATUR BACK THERAPEUTIC RITUAL BY @AROMSNATUR

85€  50' min

Traitement 100% biologique, détoxifiant et anti-inflammatoire pour soulager les contractures et les tensions accumulées. Comprend une exfoliation aux minéraux, un cataplasme d'algues et un massage musculaire relaxant à l'huile végétale de sésame, à l'arnica et à l'application d'un baume.

100% organic, detoxifying and anti-inflammatory treatment to relieve contractures and accumulated tension. Includes an exfoliation with minerals, a seaweed poultice and a relaxing muscle massage with vegetable sesame oil, arnica and application of a balsam.

RITUEL JAMBES ET PIEDS FATIGUÉS LEGS & FEET THERAPEUTIC RITUAL

85€  50' min

Traitement biologique pour les jambes fatiguées. Commencez par une exfoliation à l'huile essentielle d'orange et au sucre. Profitez ensuite d'un enveloppement et d'un massage à l'huile thérapeutique spécifique pour les jambes fatiguées avec différentes essences, dont le cyprès, la menthe poivrée et le ciste.

Biological, relaxing, and draining care for tired legs. This treatment begins with an orange essential oil and sugar scrub. Then enjoy an algae wrap and a relaxing massage with several essential oils, for example: cypress, peppermint and rock rose flower oil.

MASSAGES CHAUDS DU DOS ET DES JAMBES HOT STONES BACK MASSAGE

60€  30' min

Dans ce massage, les pierres chaudes assistent le travail du thérapeute en fusionnant avec ses mains. La chaleur des pierres contribue à offrir un moment de pure détente, en soulageant les tensions accumulées dans le dos. Profitez des bienfaits de ces huiles, de la pression et de la chaleur des pierres.

In this massage the hot stones will assist the work of the therapist by merging with her/his hands. The heat of the stones helps to provide a true moment of pure relaxation, relieving accumulated tension in the back. Enjoy the benefits of these oils, the pressure and the heat of the stones.



Heures d'ouverture

10h00-19h00

Les thérapies sont pratiquées sur rendez-vous et doivent être réservées au moins 24 heures à l'avance par téléphone (+351 223 747 500) ou par courriel (spa@hiportogaia.com).

Nous vous demandons d'annuler ou de modifier votre réservation au moins 24 heures à l'avance.

En cas de non-annulation ou de non-présentation, la séance sera facturée dans son intégralité (sauf pour des raisons de santé).

Nous invitons nos clients à se présenter à la réception au moins 15 minutes à l'avance. Les retards compromettent le temps consacré au traitement.

Les thérapies proposées ne sont pas accessibles aux enfants de moins de 16 ans.

Veuillez nous informer de votre grossesse, de son avancement (nous acceptons les réservations entre le quatrième et le septième mois de grossesse), de tout problème de santé, d'allergie ou de douleur susceptible d'interférer avec votre traitement.

Veuillez à ce que le spa soit silencieux et votre téléphone portable éteint.

Opening hours

10 am to 7pm

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Please notify us at least with a 24h heads-up in case of cancellation. In case of no-show, the full amount will be charged (except in case of health issues).

Please be at the reception desk 15 min. before the treatment. Any delay will undermine the time dedicated to your treatment.

Therapies are not available for children under 16 years.

Please inform us if you are pregnant (treatments can only be done between the 4th and the 7th month), if you have any health condition, allergy or pain that might interfere with your treatment.

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