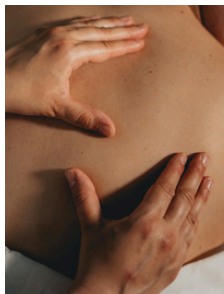
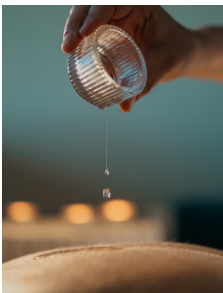




WELLNESS CENTRE



Welcome to the Wellness Centre, where you can have a relaxing and invigorating experience with a jacuzzi, sauna and hammam. We also have a careful selection of massages to take care of yourself!

WWW.GAVIAONATUREVILLAGE.COM

GAVIÃO | PORTALEGRE | ALENTEJO



WELLNESS CIRCUIT

Daily 9AM - 9PM

MASSAGES & TREATMENTS

Daily 10AM - 7PM

RESERVATIONS:

The wellness circuit, massages and treatments are subject to prior booking.
We recommend that you book 24 hours in advance.

CONTACT:

Mobile and WhatsApp: +351 924 289 410

Telephone: +352 241 247 360

Email: rececao@gaviaonaturevillage.com



WELLNESS CIRCUIT

Our circuit consists of a jacuzzi, sauna and hammam.

You can use it for 45 minutes.

It requires some preparation, so we recommend arriving 15 minutes early. That way, you'll have enough time to start calmly.

We recommend that you start the session with a quick shower with lukewarm water to prepare yourself for the experience. Start the circuit with the jacuzzi, move on to the hammam and finish with the sauna.

Sessions of 10 to 15 minutes are recommended, followed by a cold shower and a glass of water. At the end of the circuit, take a shower with lukewarm or cold water.

If you feel unwell, leave immediately.

When you've finished, we recommend a rest period and drinking plenty of water, tea or infusion to replenish the fluids you've eliminated.

Make sure you leave the doors of the hammam and sauna closed after use.



WE PROVIDE:

Bathrobes, slippers, towel, lockable lockers and shower gel/shampoo.

RULES OF USE:

- *Minimum age is 16.*
- *Bathing suit, cap and slippers compulsory.*
- *Use of the hammam and sauna must be notified at least 1 hour in advance.*
- *The use of mobile phones, cameras and other electronic devices is prohibited.*
- *Smoking and alcoholic drinks are strictly prohibited.*
- *Respect the calm atmosphere by keeping your voice down at all times.*
- *We provide a place where you can store your valuables. However, we recommend that you keep them in the safe in your room. We accept no responsibility for the items you keep or for any loss or damage.*
- *Glamping reserves the right to refuse admission to people who do not respect all the rules for the proper functioning of the space and/or show risk factors.*

BODY MASSAGES

GAVIÃO MASSAGE

30 minutes: 38.00€

50 minutes: 65.00€

Specially designed by Gavião Nature Village.

This treatment is a journey of sensory experiences, where therapeutic aromas take over the atmosphere, offering a unique moment. The relaxing movements of the massage allow the essential oils to penetrate deeper into the body, providing a complete experience!





RELAX MASSAGE

30 minutes: 40.00€

50 minutes: 68.00€

Massage with sliding, harmonious movements and techniques that promote deep relaxation, you will find this massage a truly relaxing experience.

We combine the tranquillity, relaxation and serenity that nature conveys.

QUICK MASSAGE

15 minutes: 25.00€

Compression, kneading and finger-pressure movements in the head, neck, shoulders and back area.





AYURVEDA MASSAGE

60 minutes: 72.00€

Of Indian origin, it consists of a deep massage technique that combines sliding and vigorous movements with traction and stretching manoeuvres.

An excellent choice for those seeking physical, mental and psychological balance.

DEEP TISSUE MASSAGE

35 minutes: 45.00€

Through deep tissue massage, you can experience deep and high pressure movements with specific techniques and personalised essential oils to invigorate, restructure and relax the muscles, resulting in deep muscle relief.





CANDLE MASSAGE

30 minutes: 45.00€

50 minutes: 70.00€

The sensation of the warmth and softness of the candle gliding over the skin provides a soothing and deeply moisturising sensation throughout the massage.

REVIGORATING MASSAGE by GERnètic®

30 minutos: 48.00€

50 minutos: 72.00€

This invigorating massage, with products from the GERnètic® range, helps speed up muscle recovery.

Preventing muscle stiffness, nourishing and keeping your body hydrated.





LYMPHATIC DRAINAGE

45 minutes: 48.00€

60 minutes: 75.00€

Lymphatic drainage is a massage with extremely gentle movements. It is specifically designed to slim the body, help eliminate toxins and help with fluid retention, which usually accumulates in the legs and abdomen.

FOOT REFLEXOLOGY

35 minutes: 40.00€

Reflexology is an ancient healing art which, through the application of specific pressures, allows us to release tension, increase blood circulation and promote the body's natural balance.





PRE MAMMY

30 minutes: 38.00€

50 minutes: 65.00€

Massage designed especially for mums-to-be.

It combines gentle and specific techniques and movements to meet the needs of our mums' changing bodies.

It combines muscular and emotional relief.

Massages are not recommended before 12 weeks.

MASSAGE FOR KIDS

25 minutes: 28.00€

Children are our most precious asset and they deserve to be pampered too.

This is a massage that manipulates the muscles using movements made with the hands, with therapeutic results, and is a very positive activity for children.

Available from 4 to 14 years old, accompanied by an adult in the office or by signing a declaration of responsibility.



GAVIÃO

RITUALS



MOMENT FOR HER

80 minutes: 98.00€

An experience designed to meet "her" needs.

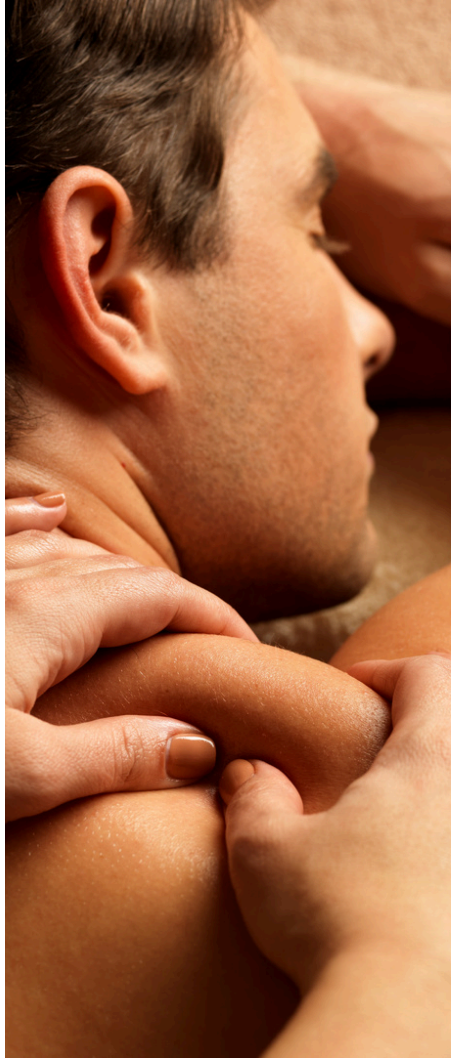
Prepare and eliminate dead skin cells with a dry black soap scrub, followed by a deeply relaxing massage. Finish with a moisturising mini facial for clean, radiant and hydrated skin.

MOMENT FOR HIM

80 minutes: 98.00€

An experience designed to meet "his" needs.

Start with a dry exfoliation on the back and then let yourself be carried away by an Ayurvedic massage, between deep gliding movements and stretches for maximum relief from the tension built up in the muscles, ending with a moisturising and purifying mini facial, specially created for men's skin.



GERNÉTIC BODY RITUALS

*Every skin is unique and should be
treated in a personalised way*





ANTI-CELULITE

75 minutes: 58.00€

A treatment designed to stimulate microcirculation and make the legs feel lighter. It has a draining effect and boosts the elimination of toxins in the affected areas. We carry out a slimming massage with GERnétic anti-cellulite creams.

SLIM DETOX

75 minutes: 58.00€

Treatment that promotes cell renewal through gentle peeling, facilitating the action of GERnétic's essential oils and nourishing creams. The draining massage activates circulation and eliminates toxins.



FOR HIM

FACIAL RITUALS



GAVIÃO NATURE
VILLAGE

MOISTURISING/ REVITALISING

30 minutes (mini): 38.00€ | 60 minutes (full): 45.00€

Treatment designed to increase hydration, revitalisation and oxygenation.

PURIFYING

30 minutes (mini): 40.00€ | 60 minutes (full): 48.00€

Deep cleansing and purifying treatment. Eliminates excess seborrhoea, reduces enlarged pores and leaves skin looking nuanced.

ALL FACIAL TREATMENTS ARE DONE WITHOUT EXTRACTION

SENSITIVE SKINS

30 minutes (mini): 40.00€ | 60 minutes (full): 48.00€

Treatment that provides sensitive skin with comfort and softness against climatic and emotional aggressions.

ANTI-AGE

30 minutes (mini): 45.00€ | 60 minutes (full): 55.00€

This treatment produces a radical change in the skin through a gentle action that promotes the reduction of wrinkles, creating a natural lifting effect.

ALL FACIAL TREATMENTS ARE DONE WITHOUT EXTRACTION

FOR HER

FACIAL RITUALS



MOISTURISING

30 minutes (mini): 38.00€ | 60 minutes (full): 45.00€

Treatment specially developed to restore the skin's natural radiance and hydration.

PURIFYING

30 minutes (mini): 40.00€ | 60 minutes (full): 48.00€

Cleansing and purifying treatment that reduces pores, improves skin texture and regulates oiliness.

SENSITIVE SKIN

30 minutes (mini): 40.00€ | 60 minutes (full): 48.00€

Treatment that provides sensitive skin with comfort and softness against climatic and emotional aggressions.

ANTI-AGE

30 minutes (mini): 45.00€ | 60 minutes (full): 55.00€

The Anti-ageing Facial stimulates cellular metabolism for a lifting and firming effect on the skin. It leaves the skin looking refreshed, luminous and firm. Promotes collagen production, cell renewal and increased hydration, smoothing out the appearance of wrinkles.

HOLISTIC THERAPIES

Discover the power of inner healing with our holistic therapies, where balance and harmony meet to renew your body, mind and essence.



CLÍNICA DA COR
TERAPIA VIBRACIONAL ORFÂNICA



CHAKRAS HEALING

40 minutes: 35.00€

Chakras are biological centres located at the front and back of our bodies. This therapy focuses on alignment and emotional balance. This treatment releases the energetic blockages that create physical, mental and emotional symptoms.

It is indicated for relieving high stress, fatigue, insomnia, anxiety, depression, sadness and extreme tiredness.



INN HARMONISATION

45 minutes: 40.00€

In harmonising the energy of Inn, the endocrine glands are regulated. It restores normality and contributes to their proper functioning.

It is indicated for dysfunctions of the reproductive organs, urinary and digestive problems, mental disorders and the immune system.

BALANCE OF YANG

45 minutes: 40.00€

Balancing Yang energy will provide the body with deep relaxation by regulating the sympathetic and parasympathetic systems.

It is indicated for balancing the nervous system, reducing stress, improving muscle contractures and providing tranquillity and inner peace.

MASSAGE SERVICES

WE PROVIDE:

Bathrobes, slippers, towel, lockable lockers, shower gel/shampoo.

RECOMMENDATIONS:

- Arrive 10 minutes early to make the most of your appointment, without rushing and already getting into the mood for relaxation. You'll have time to fill in an anamnesis form so we can get to know your needs.*
- When you go to the massage room, wear only your dressing gown, slippers and underwear.*
- If anything is bothering you during the treatment, let us know immediately.*
- Our tolerance is 10 minutes. If you arrive late, we will endeavour to carry out your treatment in full. However, it may be necessary to cut your treatment short if there is an appointment immediately after yours.*
- Switch off your mobile phone or put it on silent.*

TERMS & CONDITIONS:

- *We provide a place where you can store your valuables. It is best to store them in the safe in your room. We accept no responsibility for the items stored or for any loss or damage.*
- *If you need to cancel or reschedule your treatment, please do so at least five hours in advance in order to make your appointment available for another client and, in the case of vouchers, to avoid being charged 100 per cent of the cost of the treatment time.*
- *The management reserves the right to refuse admission or services to anyone who shows risk factors; clients who disturb the calm and relaxing atmosphere, jeopardising respect for other users; clients who do not respect all the rules for the smooth running of the space.*
- *The internal regulations, available services and prices may be changed without prior notice.*



THERAPY WITH TIBETAN BOWLS

TIBETAN BOWLS

45 minutes: 50.00€

Sound therapy with Tibetan singing bowls is an ancient practice of regeneration. The sound emitted by these bowls promotes harmony and facilitates deep brain relaxation. This technique stimulates stress reduction on multiple levels and favours the elimination of toxins from the body. A treatment aimed not only at physical well-being, but also at mental and emotional balance.

