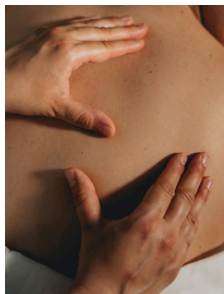
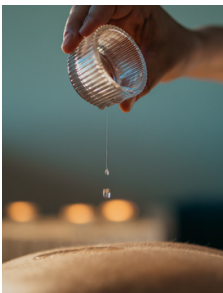




WELLNESS CENTRE



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

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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.*



BIOSHIELD
CERTIFIED

Clean
& Safe
GREENGUARD