



# MASSAGES



## MASSAGE FOR BABIES

Jasmine | Love, delicate beauty, grace.

The baby massage aims the development of the intellectual potential and ensures that the baby will become healthier.

The massage techniques strengthen the baby's immune system, promote a pleasant physical and mental development, stimulate intellectual ability and help in curing cough, cold, agitation and other temporary diseases. Prevents cramps, constipation and insomnia. Facilitates the circulation, reduces anxiety, balances the immune system and facilitates the baby's sleep.



## KIDS MASSAGE

Miosotis | Sincere love, loyalty.

It is dedicated to children, who nowadays also suffer from an overcrowded agenda.

This massage produces innumerable benefits. Besides calming, promotes the child physiological, psychomotor and emotional rebalancing. It improves learning and family relationships, avoiding stress and trauma. It helps to strengthen the immune system, breathing and the organization of the psychomotor potential. It is ideal for restless children with concentration problems and moodiness.

The most common technique used in this massage is the "Butterfly Touch".



## HYDRATING MASSAGE

Orchid | Beauty, delicacy, grace, perfection, spiritual purity and refinement.

In this massage are used the benefits of body exfoliation.

With gentle massaging techniques, it ensures the removal of dead cells, which returns to skin its natural, soft and smooth appearance. Some key benefits of exfoliation:

- Contributes to the improvement of the natural and even tonality of the skin.
- Improves blood circulation.
- Stimulates the metabolic system.
- Increases the capacity and efficiency of the body in what concerns the elimination of toxins.
- Prepares your body for summer, especially to obtain a nice, even tan.
- Gives the skin a healthy aspect, which seems satin to touch.

Next, the client is sent to a hot water shower. The end of the treatment is reserved for the application of a moisturizing cream that is massaged all over the body. The result is seen and felt: a silky skin, astonishing and bright, which can be preserved for some time.

Do not disregard the continuous hydration and repeat several times a year, not only when you feel the skin dull but mostly in the transition from hot to cold months.



## RELAX MASSAGE

Perfect Love | Meditation, memories, reflection.

The relaxation massage helps to relax muscles, reduce stress, relieve pain and even to fall asleep more easily. The active life, stress and fatigue have a harmful action on health, reflecting in the appearance of the skin.

Relaxation, aesthetic action and the use of specific products combine harmoniously, getting effective treatment.

With this treatment it is reached the crucial dimension of modern aesthetics: the external beauty is linked to the inner well-being.



## ANTI-STRESS MASSAGE

Chamomile | Soothing, cleansing, gentle, helping the well-being.

Performed through the touch in regions with high concentration of nerve endings, produces a calming effect, helps to fight fatigue, reducing anxiety caused by stress.

Helps to prevent diseases, overcoming stress and its symptoms: muscle pain and tension, anxiety, depression, insomnia, irritability, difficulty concentrating, physical and mental fatigue.

It promotes the sense of well-being, the mood and the animus.

Recommended to end the day in order to relax and prepare for sleep.

The products used are relaxing and calming to alleviate accumulated stress.



## SPORTS MASSAGE

Hydrangea | Energy and glory.

Ideal for those who practice sport or do too much physical effort. Helps to relieve muscle pain and contractures, revitalizing muscles.

It is a specific massage to relieve muscle tension and inflammation of the muscles after sporting events.

One way to encourage the muscles to recover after workouts is through sports massage, because it relieves all the tension and lactic acid in exhausted muscles, therefore, the blood and oxygen can go back to the muscles and do an effective repair of muscle tissue, causing stronger and more resilient muscles. It is also widely used to warm and relax the muscles before the competition, whether in amateur athletes as in top athletes, such as Olympic athletes.



## CALIFORNIAN MASSAGE

Violet | Loyalty, modesty, simplicity.

The Californian massage was originally designed for relaxation. The long approaches, smooth and regular, cause deep relaxation thereby facilitating a global perception and reintegration of the body system. The maneuvers of this manual technique maintain and improve the aesthetic conditions of the skin, face and body. The metabolic exchanges between cells and the vascular system are increased and accelerated. The tissues are thus strengthened and reconstituted by the arterial blood, rich in oxygen and nutrients.

Here are some examples of the benefits of the Californian Massage in face and body:

- Moisturizing and cleansing the skin.
- Reinforcing the epidermis.
- Regeneration of tissues.
- Preparation of the skin to sun exposure.
- Maintenance and recovery of the skin after the aggression of sun, wind and sea water.
- Prenatal Care.
- Prevention of the appearance of stretch marks.



## FACIAL MASSAGE

White Camellia | Perfect beauty.

A healthy skin appearance of undoubtedly the most important factor, as a face of regular lines may have more charm than one of beautiful proportions. This charm depends exclusively on own will, if you decide to adopt a positive mental attitude. In addition to skin treatments for each case, the regular practice of facial massage is of paramount importance. With an appropriate massage you will obtain surprising results.

Your skin will regain a considerable brightness.



## WATER STONES MASSAGE

Flower Beach | Delicacy, freshness and beauty.

Geothermal therapy is a broad term that includes other skills and knowledge beyond the hot stone massage.

It should also be noted that geothermal therapy intends, essentially, to provide a deep relaxation.

The geothermal therapy is not limited to the relaxing massage; it is a massage technique where specially carved stones are used as active tools of the therapist, acting deep in the tissues and muscles of the body due to its specific shape and energetic characteristics, combining several other expertises.

This style of massage can be gentle, to relieve stress, or deep and penetrating to relieve accumulated tension.

Activates and increases blood circulation, enhances cell regeneration and accelerates the process of weight loss. Increases muscle tone and joint mobility. Stimulates all physiological processes and combats localized fat and cellulite.

**Advantages - Physiological effects of hot stones:**

- Relief from stress caused by modern lifestyles, balancing the vital energy, restoring and improving general health.
- Increased blood and lymph circulation.
- Increase of cellular metabolism.
- Increased flexibility of muscle tissue.
- Relief of pain.
- Reduction of muscle spasms and improvement of the reabsorption of inflammatory infiltrations, edema and exudates.

**Advantages - Physiological effects of cold stones:**

- Stimulation.
- Reduction of inflammation.
- Muscle toning.
- Analgesic effect.
- Improvement of physiological functions.
- Recovery of vital energy.
- Stimulation of the loss of excessive weight.
- Balance of the nervous system.
- Attenuation / elimination of stress.

**Contraindications of geothermal massage:**

Skin diseases, tumors, tuberculosis, hernias, muscle and ligaments rupture, open wounds, cardiopathies, hemorrhages, pathological weaknesses, pregnancy, acute infection, AVC, thrombophlebitis.



PRIMAVERA  
perfume hotel

# SPA

## PRICES:

MASSAGE FOR BABIES   20 min.	30 €
KIDS MASSAGE   45 min.	45 €
HYDRATING MASSAGE   50 min. [completely body exfoliation included + general massage]	50 €
ANTI-STRESS MASSAGE   35 min.	40 €
RELAX MASSAGE LOCALIZED   30 min.	40 €
RELAX MASSAGE GENERAL   55 min.	45 €
SPORTS MASSAGE LOCALIZED   25 min.	40 €
SPORTS MASSAGE GENERAL   50 min.	50 €
CALIFORNIAN MASSAGE   80 min.	70 €
FACIAL MASSAGE   45 min.	60 €
WATER STONES MASSAGE   80 min.	70 €

## WORKING HOURS:

Every day [by appointment]  
From 10h00 to 13h00  
From 14h30 to 21h00

## CANCELLATION POLICY:

Massages canceled up to 2 days before check-in, have no cost. After this deadline will be charged 25% of the total value and canceled in the same day 50% of the total value (unless exceptional circumstances which will be analyzed by the management).

All rates include VAT at the current legal rate, so that, in case of change, the charges may be adjusted according to the percentage of VAT variation.

## SPA MEMBERS

INDOOR SWIMMING POOL + JACUZZI 40 €

## WORKING HOURS:

Monday to Friday  
From 08h00 to 21h00

## SERVICES INCLUDED FOR MEMBERS:

Indoor Swimming Pool + Jacuzzi  
10% discount on "Primavera Perfume Hotel Restaurant"  
10% discount on massages

## MONTHLY PAYMENTS:

Upon registration must be paid 2 months (first and last), from following month on, payment is due until the 8th of each month. In case there is no use of the premises for a month, the monthly payment will always have to be updated.

## RULES OF USE:

It is obligatory to shower before entering the indoor pool and Jacuzzi.

It is compulsory to wear a bathing cap in the indoor pool and Jacuzzi.

Meals in the hotel restaurant and massages should be subject to reservation/previous appointment, and are subject to availability.

The conditions set hereby are by user and not transferable.

Primavera Perfume Hotel reserves the right to modify or cancel the terms and conditions set in this program without any prior notice.