



MONTEBELO MOSTEIRO DE ALCOBAÇA

HISTORIC HOTEL

★★★★★

PRICING SPA TREATMENT

MASSAGES

	PRICE	TIME
Relaxing Massage	40€	30 min.
Relaxotherapy	70€	60 min.
Hot Stone Massage <i>AVAILABLE SOON</i>	75€	60 min.
Aromatic Candles	75€	60 min.
Ayurvedic Massage	95€	90 min.
Sports	80€	60 min.
Recovery	80€	60 min.

LOCALIZED MASSAGES

Back	40€	30 min.
Legs	40€	30 min.
Leg Drain	40€	30 min.
Head	40€	30 min.
Feet	35€	30 min.

RITUALS

<i>Oásis da Serenidade</i> (Oasis of serenity)	130€	90 min.
<i>Rainha do Egito</i> (Queen of Egypt)	130€	90 min.
<i>Ar Saudável</i> (Healthy Air)	145€	90 min.
<i>Alegria</i> (Joy)	165€	120 min.
<i>Energia e Espiritualidade</i> (Energy and Spirituality)	180€	120 min.

FACIAL TREATMENTS

Mini Facial	45€	30 min.
New Look	65€	60 min.
Nourishing Dry Skin	75€	90 min.
Moisturising Oily Skin	75€	90 min.
Soothing Sensitive Skin	75€	90 min.
Deep Hydration	75€	90 min.
Regenerator / Soothing for Men	75€	90 min.
Anti-aging	85€	90 min.

BODY TREATMENTS

Dead Sea Salt Exfoliation	60€	50 min.
Remineralizing and Vitalizing	80€	90 min.
Tired Legs	80€	90 min.
Therapeutic Against Pain	80€	90 min.
Dorsal Decontracting Muscle Oxygenator	80€	90 min.

MANICURE AND PEDICURE

Perfect Hands	35€	60 min.
Foot Beautifier	40€	60 min.

FEMALE WAXING

Complete	50€	60 min.
Full Leg	30€	40 min.
Half Leg	23€	30 min.
Bikini Area	20€	20 min.
Arms	15€	40 min.
Underarm	10€	10 min.
Eyebrows	10€	20 min.
Upper Lip	8€	10 min.
Chin	8€	10 min.

MALE WAXING

Back	30€	40 min.
Chest	30€	40 min.
Arms	25€	40 min.
Legs	35€	50 min.

INFORMATION

Opening hours

All treatments are available between 10 am and 8 pm.

Treatment scheduling

For treatments at our Wellness centre, you must book in advance with the hotel reception.

Medical condition

Please inform the therapist, upon booking and before treatment, in the following cases: pregnancy, recent surgery, diabetes, heart problems or others. You should always see a doctor before making a treatment, as it may not be advised.

Arrival at the Wellness Centre

We suggest you arrive at the Spa 10 minutes before your scheduled time. You may arrive wearing your bathrobe, or use our treatment booths to change your clothes. Before the treatment, you will be given a bathrobe and a towel.

Our Wellness centre is not responsible for eventual losses or thefts. We recommend that you do not bring valuables.

Punctuality / Cancellations

If there is a delay of more than 10 minutes, the hotel may cancel, schedule a new date or, depending on the treatment, it will be reduced to the remaining time. Please notify us of cancellation within 12 hours prior to the appointment. In the event of a no-show or cancellation less than 12 hours in advance, we reserve the right to charge 50% of the treatment fee.



MONTEBELO SPA

TREATMENTS MENU

Relax and enjoy serenity
in a space of wellness



Massages

RELAXING

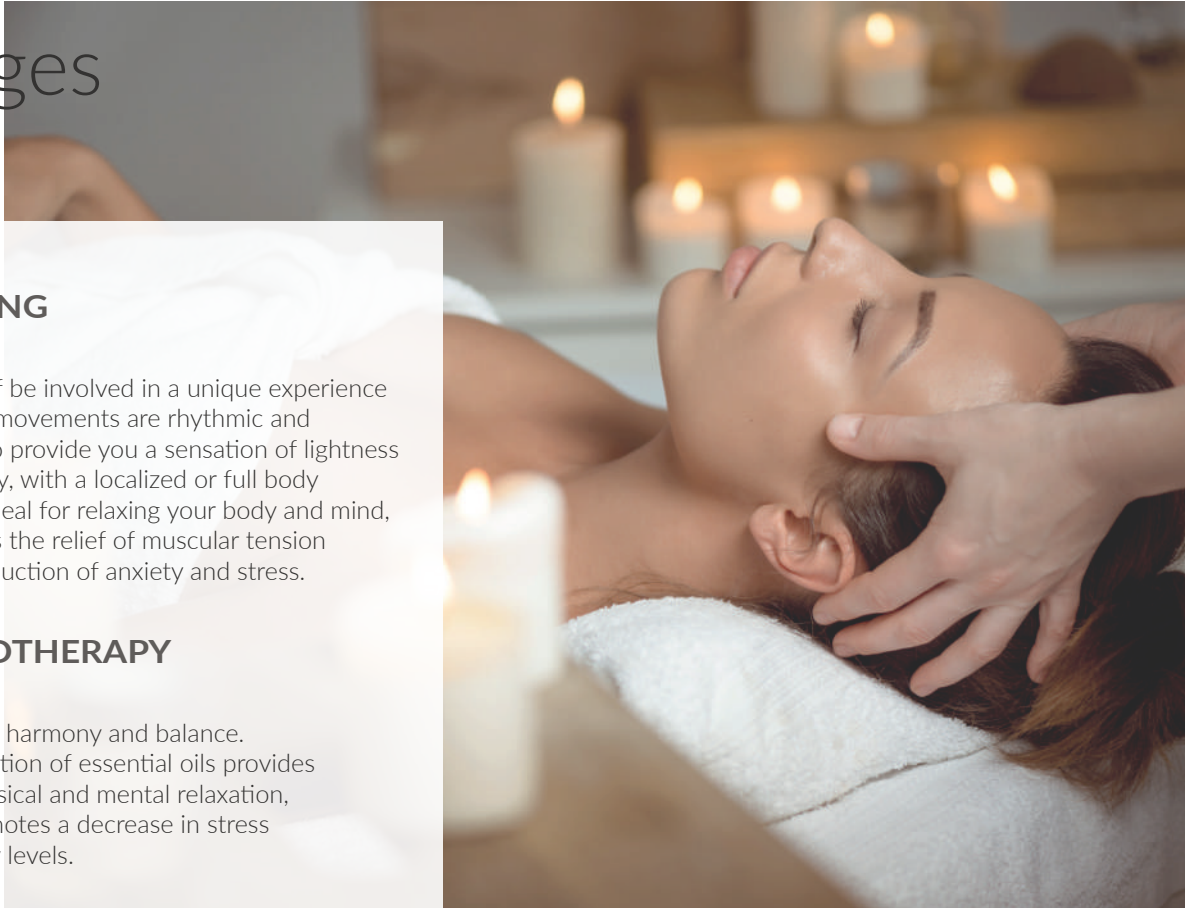
30 MIN

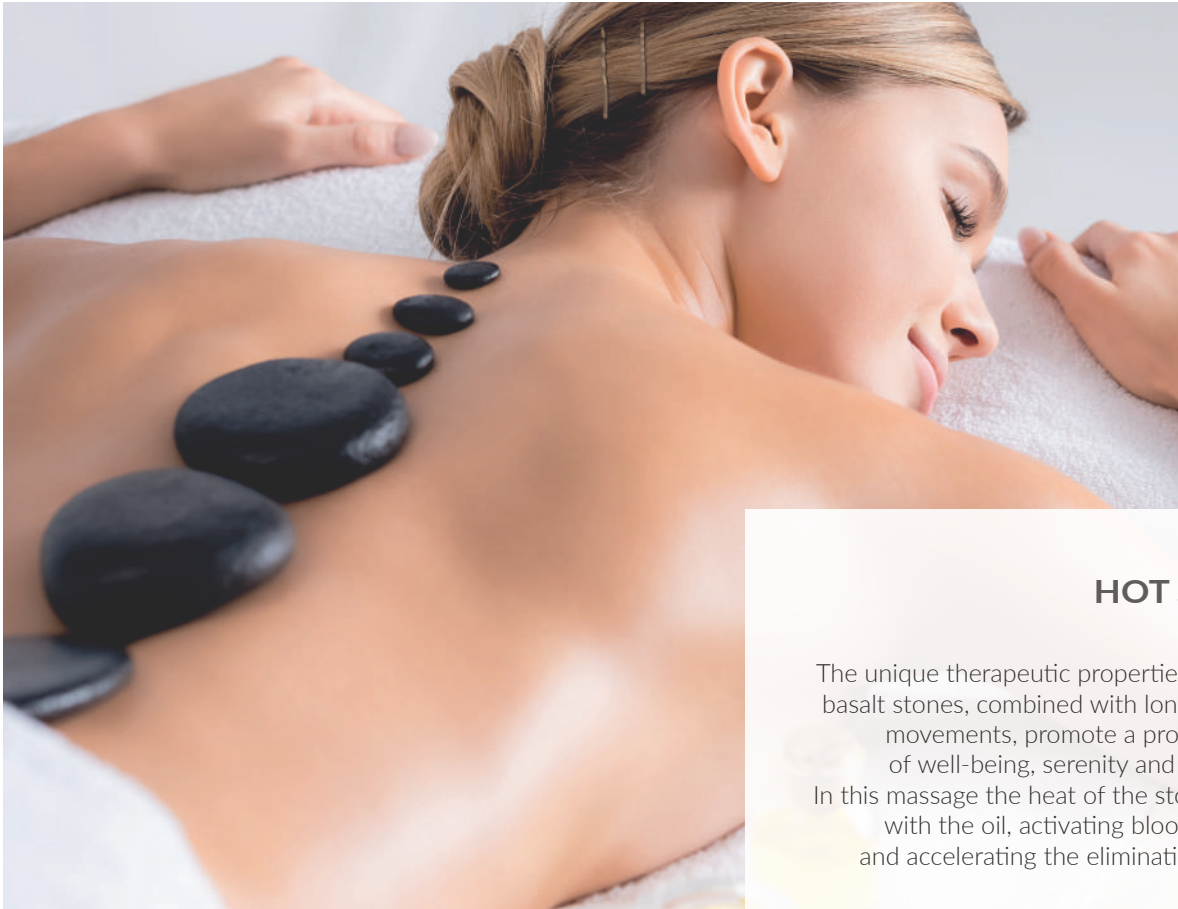
Let yourself be involved in a unique experience where the movements are rhythmic and designed to provide you a sensation of lightness and serenity, with a localized or full body massage. Ideal for relaxing your body and mind, the result is the relief of muscular tension and the reduction of anxiety and stress.

RELAXOTHERAPY

60 MIN

Well-being, harmony and balance. The application of essential oils provides a deep physical and mental relaxation, which promotes a decrease in stress and anxiety levels.





HOT STONES

60 MIN

The unique therapeutic properties of volcanic basalt stones, combined with long and gentle movements, promote a profound sense of well-being, serenity and rebalancing. In this massage the heat of the stones merges with the oil, activating blood circulation and accelerating the elimination of toxins.

SCENTED CANDLES

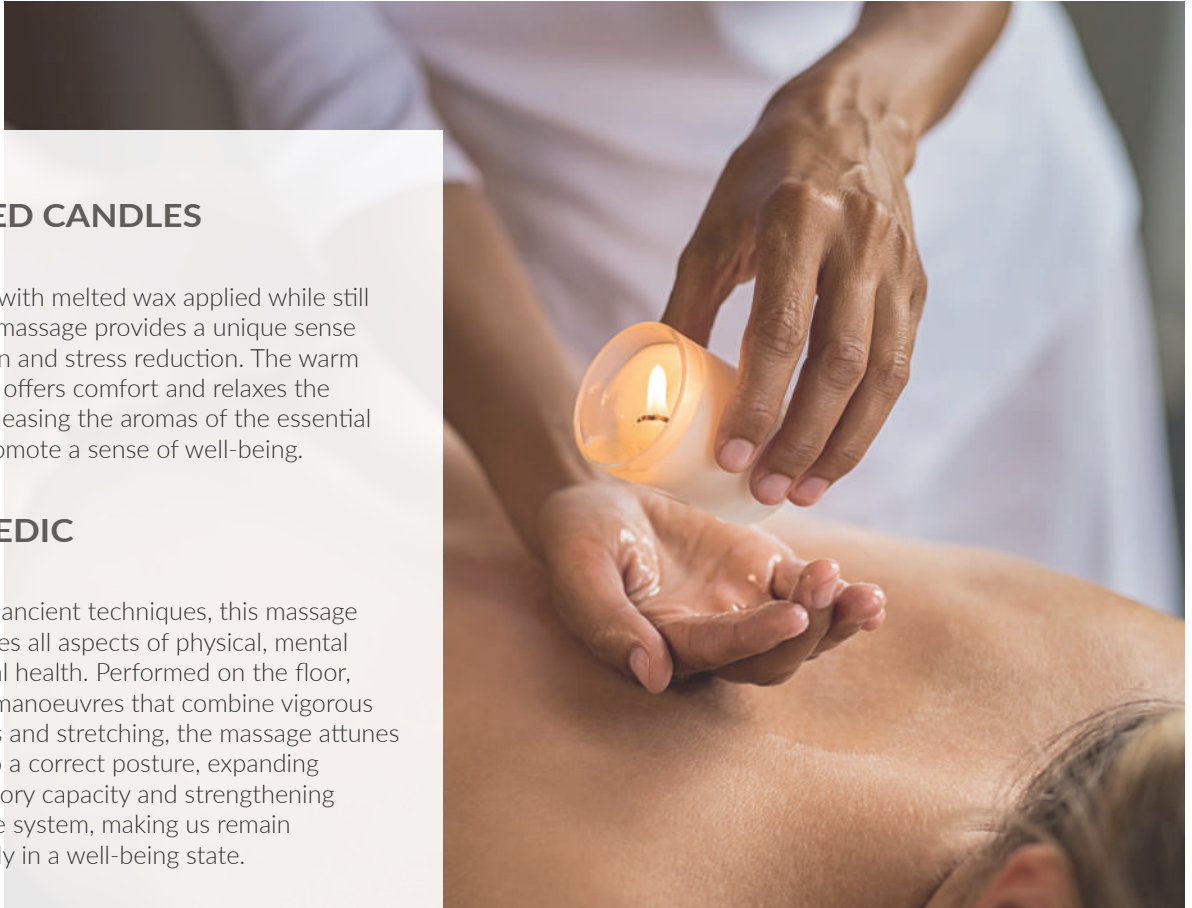
60 MIN

Performed with melted wax applied while still warm, this massage provides a unique sense of relaxation and stress reduction. The warm candle wax offers comfort and relaxes the muscles, releasing the aromas of the essential oils that promote a sense of well-being.

AYURVEDIC

90 MIN

Inspired by ancient techniques, this massage encompasses all aspects of physical, mental and spiritual health. Performed on the floor, with deep manoeuvres that combine vigorous movements and stretching, the massage attunes the body to a correct posture, expanding the respiratory capacity and strengthening the immune system, making us remain continuously in a well-being state.

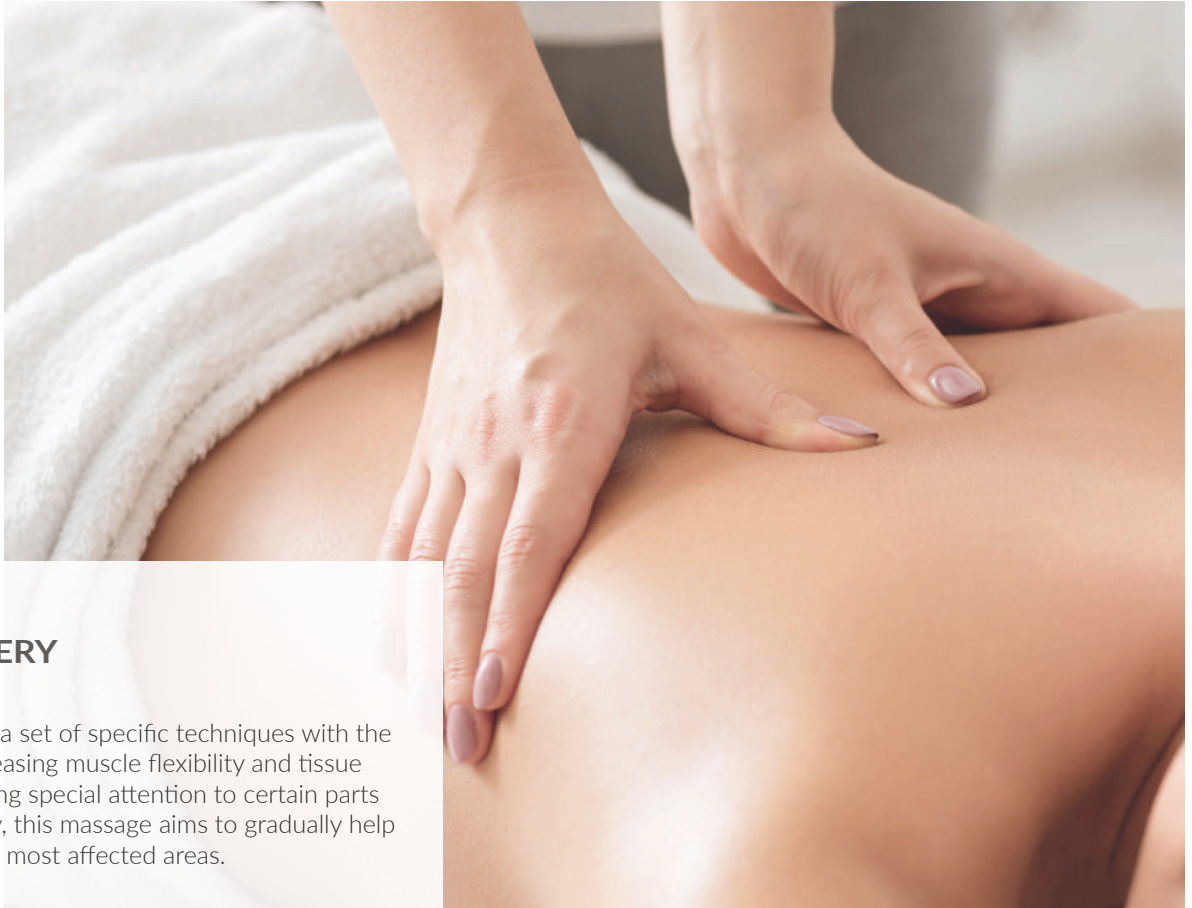




SPORTS MASSAGE

60 MIN

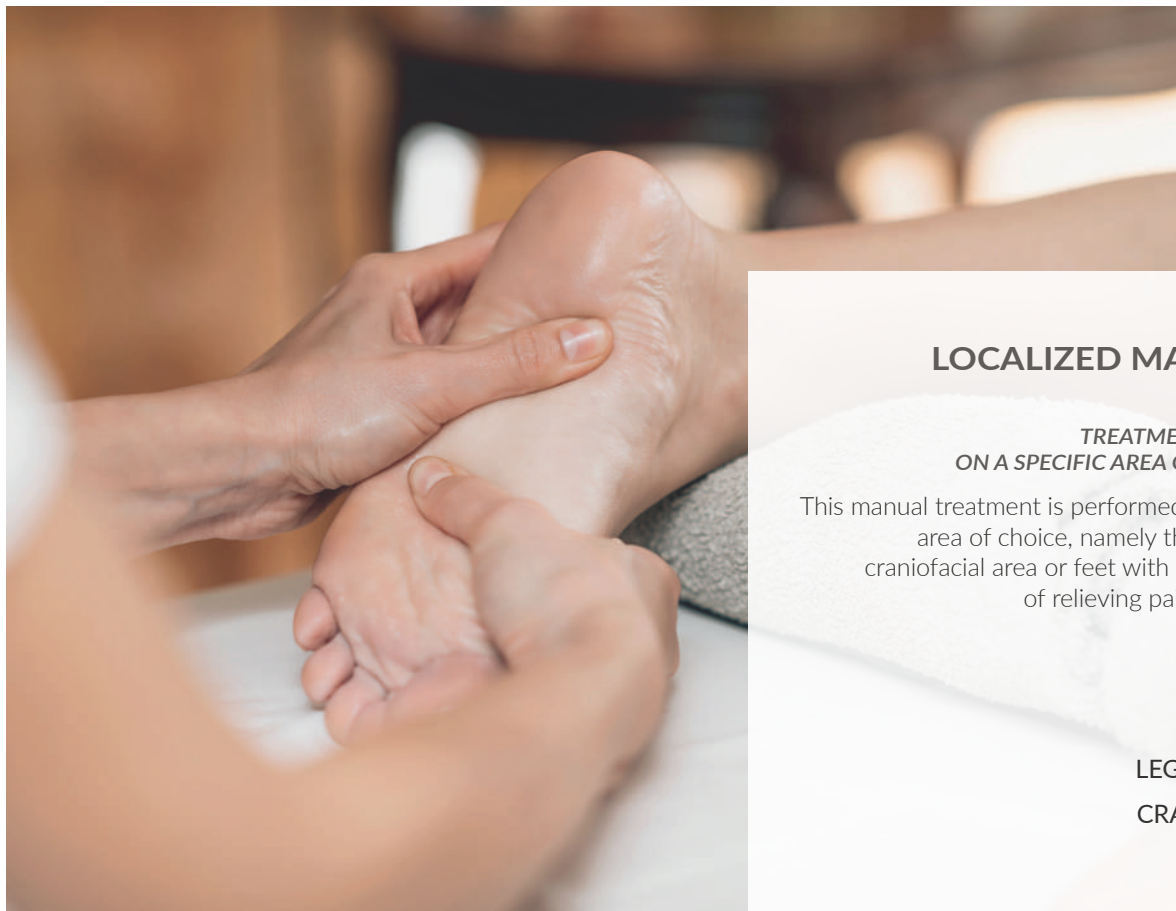
Mainly suitable for sportsmen and women, this massage is indicated to warm up and prepare the muscles before and after training, relieving all the tensions and helping to remove the lactic acid from the muscles, for a better recovery and efficient repair of the muscular tissues.



RECOVERY

60 MIN

Combining a set of specific techniques with the aim of increasing muscle flexibility and tissue toning, giving special attention to certain parts of the body, this massage aims to gradually help recover the most affected areas.



LOCALIZED MESSAGES

30 MIN

*TREATMENT FOCUSED
ON A SPECIFIC AREA OF THE BODY*

This manual treatment is performed on a critical area of choice, namely the back, legs, craniofacial area or feet with the main aim of relieving pain or tension.

BACK

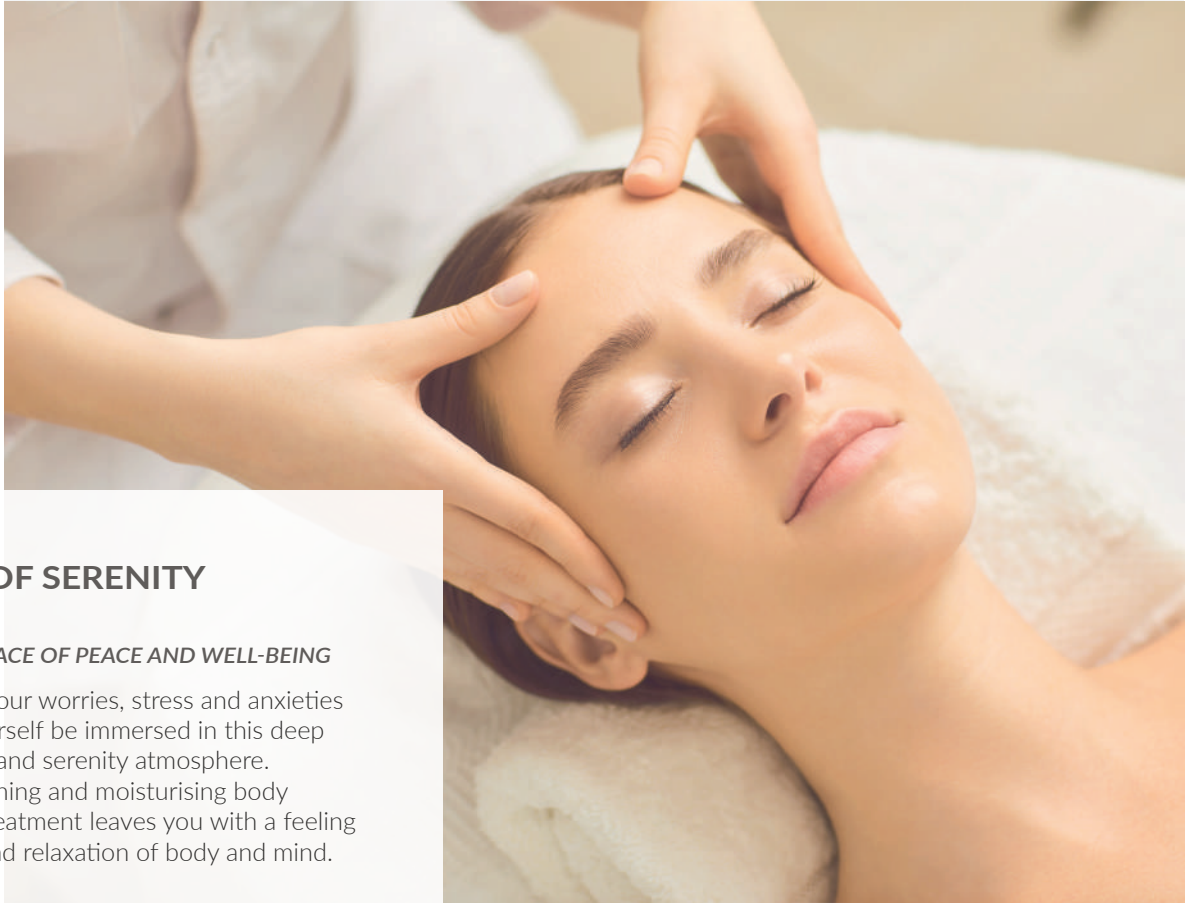
LEGS

LEG DRAINAGE

CRANIOFACIAL

FEET

Rituals

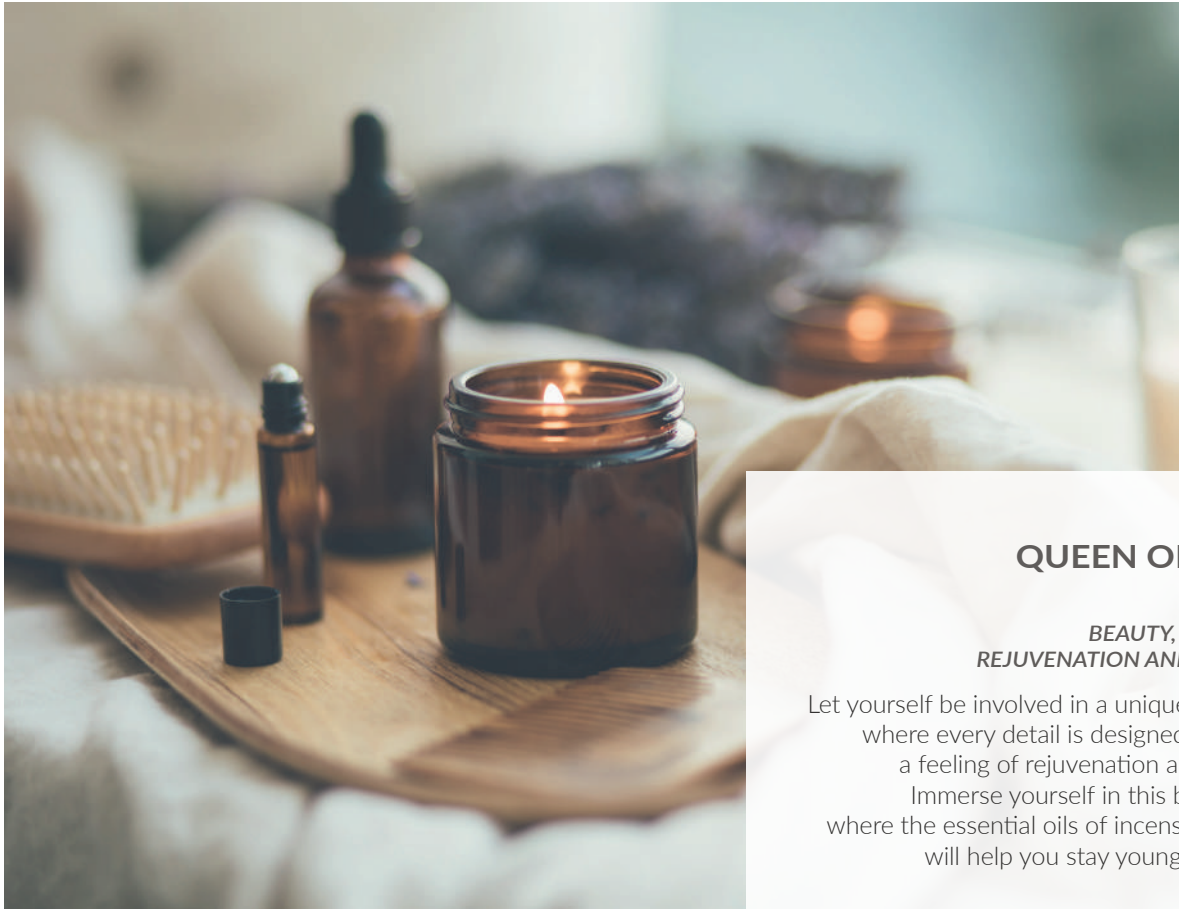


OASIS OF SERENITY

90 MIN

ENJOY A SPACE OF PEACE AND WELL-BEING

Forget all your worries, stress and anxieties and let yourself be immersed in this deep well-being and serenity atmosphere. This nourishing and moisturising body and face treatment leaves you with a feeling of peace and relaxation of body and mind.



QUEEN OF EGYPT

90 MIN

*BEAUTY, SEDUCTION,
REJUVENATION AND HARMONY*

Let yourself be involved in a unique experience where every detail is designed to give you a feeling of rejuvenation and harmony. Immerse yourself in this beauty ritual, where the essential oils of incense and myrrh will help you stay young and serene.

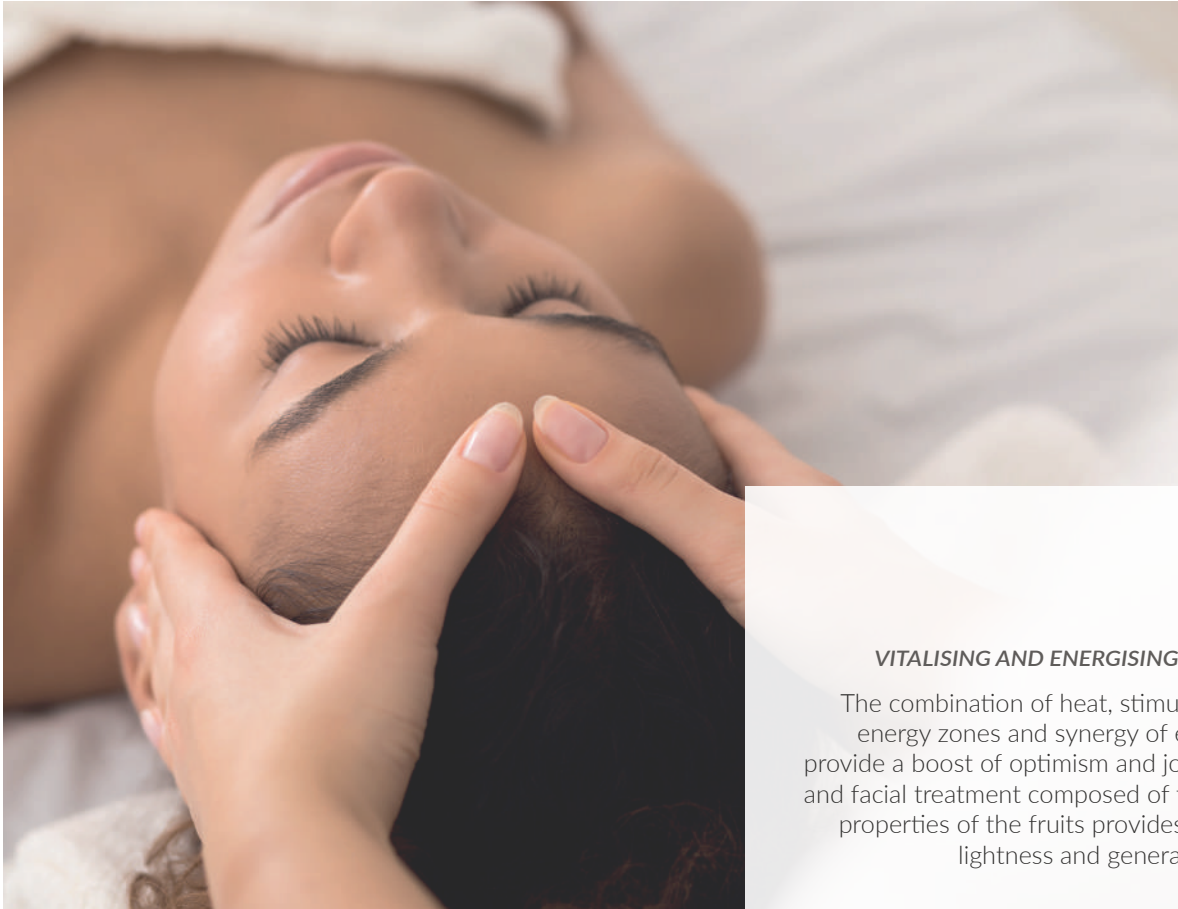


HEALTHY AIR

90 MIN

A DETOXIFYING AND CLEANSING CARE

This well-being ritual combines the properties of Dead Sea salt and a combination of oils, combating toxins and premature skin ageing, restoring radiance, luminosity and elasticity.

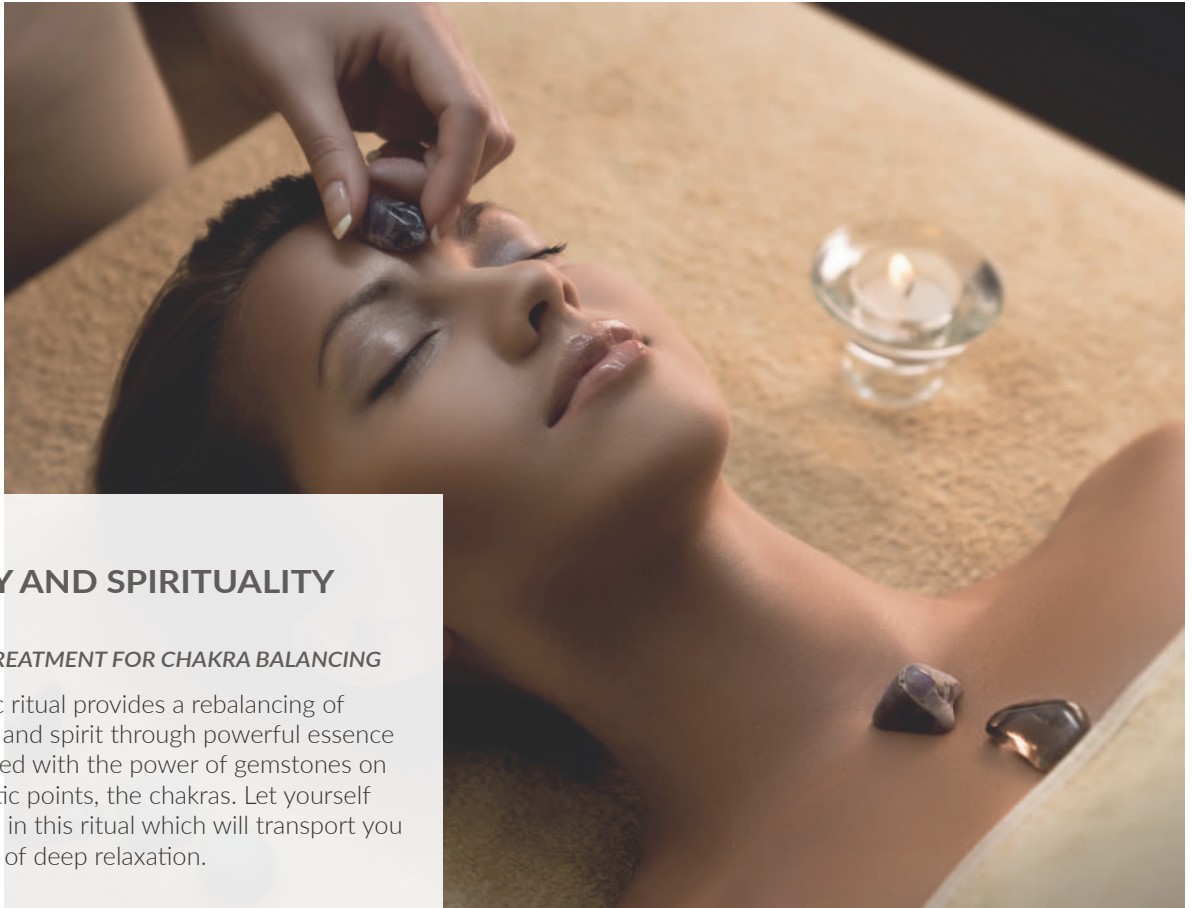


JOY

120 MIN

VITALISING AND ENERGISING TREATMENT

The combination of heat, stimulation of the energy zones and synergy of essential oils provide a boost of optimism and joy. This body and facial treatment composed of the vitalising properties of the fruits provides a feeling of lightness and general well-being.



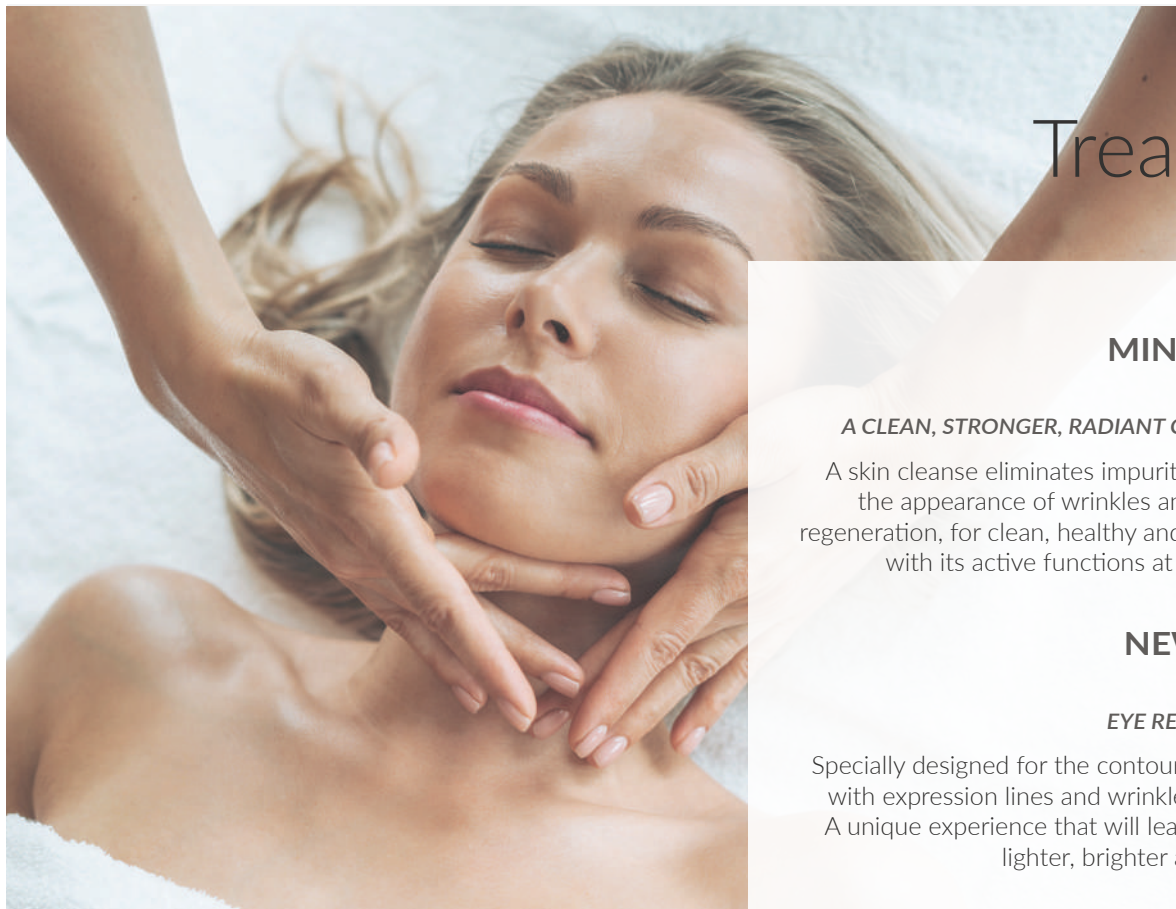
ENERGY AND SPIRITUALITY

120 MIN

HOLISTIC TREATMENT FOR CHAKRA BALANCING

This holistic ritual provides a rebalancing of body, mind and spirit through powerful essence oils combined with the power of gemstones on the energetic points, the chakras. Let yourself be involved in this ritual which will transport you into a state of deep relaxation.

Facial Treatments



MINI FACIAL

30 MIN

A CLEAN, STRONGER, RADIANT COMPLEXION

A skin cleanse eliminates impurities, prevents the appearance of wrinkles and stimulates regeneration, for clean, healthy and radiant skin with its active functions at full capacity.

NEW LOOK

60 MIN

EYE REJUVENATION

Specially designed for the contour of the eyes, with expression lines and wrinkles settling in. A unique experience that will leave your eyes lighter, brighter and younger.

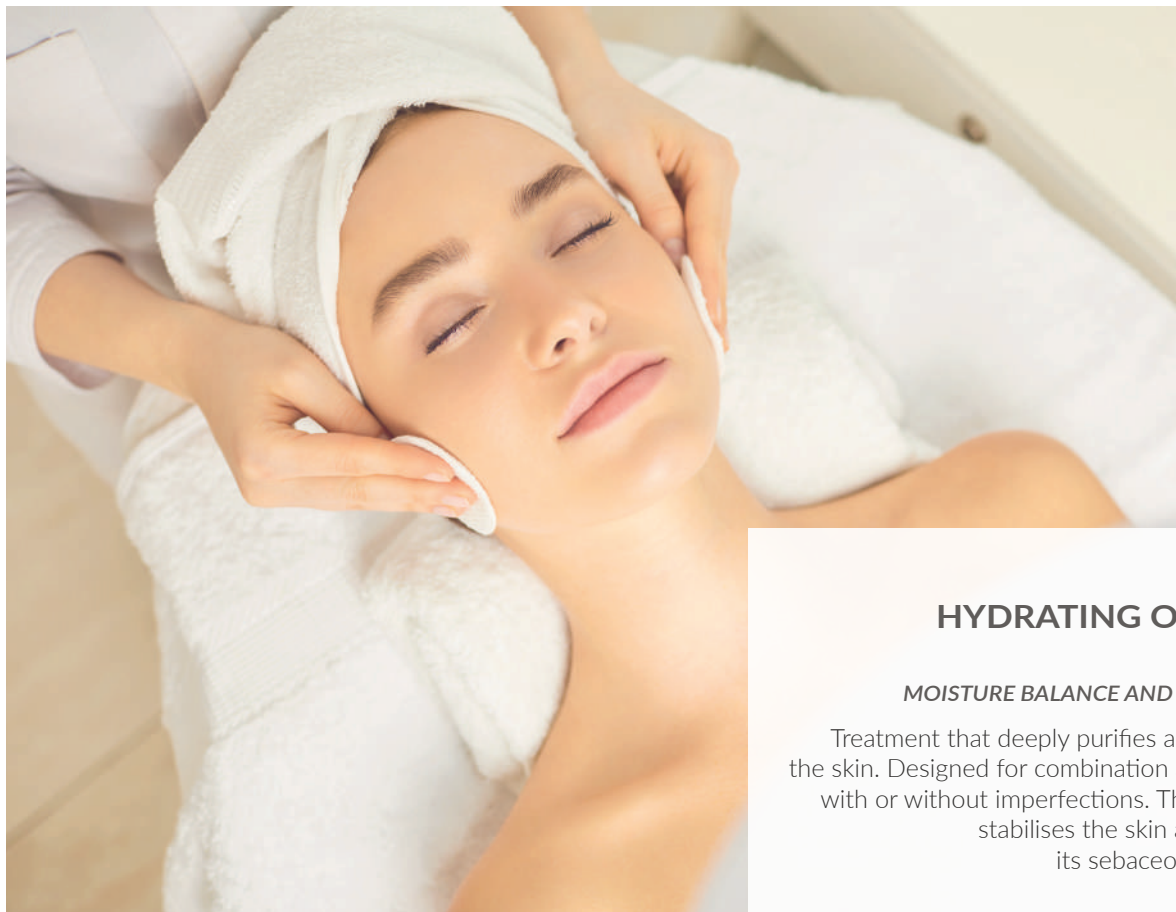


NUTRITIVE DRY SKIN

90 MIN

DEEP HYDRATION AND NUTRITION

Protect your skin with this treatment that combines deeply moisturising and nourishing formulas, soothing dry skin and providing long-lasting nourishment, improving elasticity, tone and natural luminosity.



HYDRATING OILY SKIN

90 MIN

MOISTURE BALANCE AND REGULATION

Treatment that deeply purifies and detoxifies the skin. Designed for combination and oily skin, with or without imperfections. This treatment stabilises the skin and balances its sebaceous secretion.

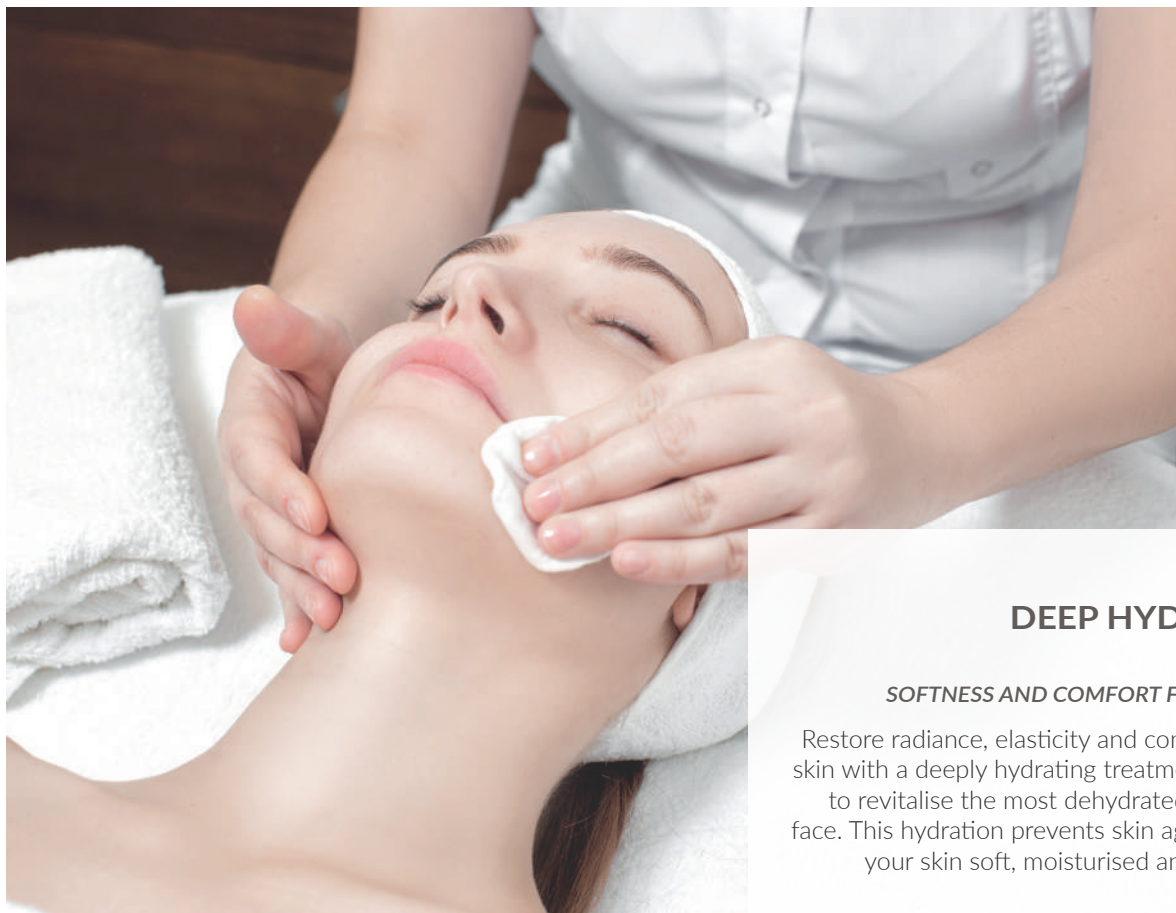


CALMING SENSITIVE SKIN

90 MIN

*REGENERATION AND PROTECTION
OF THE EPIDERMIS*

A treatment combining a selection of active ingredients that soothe and decongest the skin, reinforcing the skin barrier and reducing skin sensitivity.



DEEP HYDRATION

90 MIN

SOFTNESS AND COMFORT FOR THE FACE

Restore radiance, elasticity and comfort to your skin with a deeply hydrating treatment designed to revitalise the most dehydrated skin on the face. This hydration prevents skin ageing leaving your skin soft, moisturised and protected.

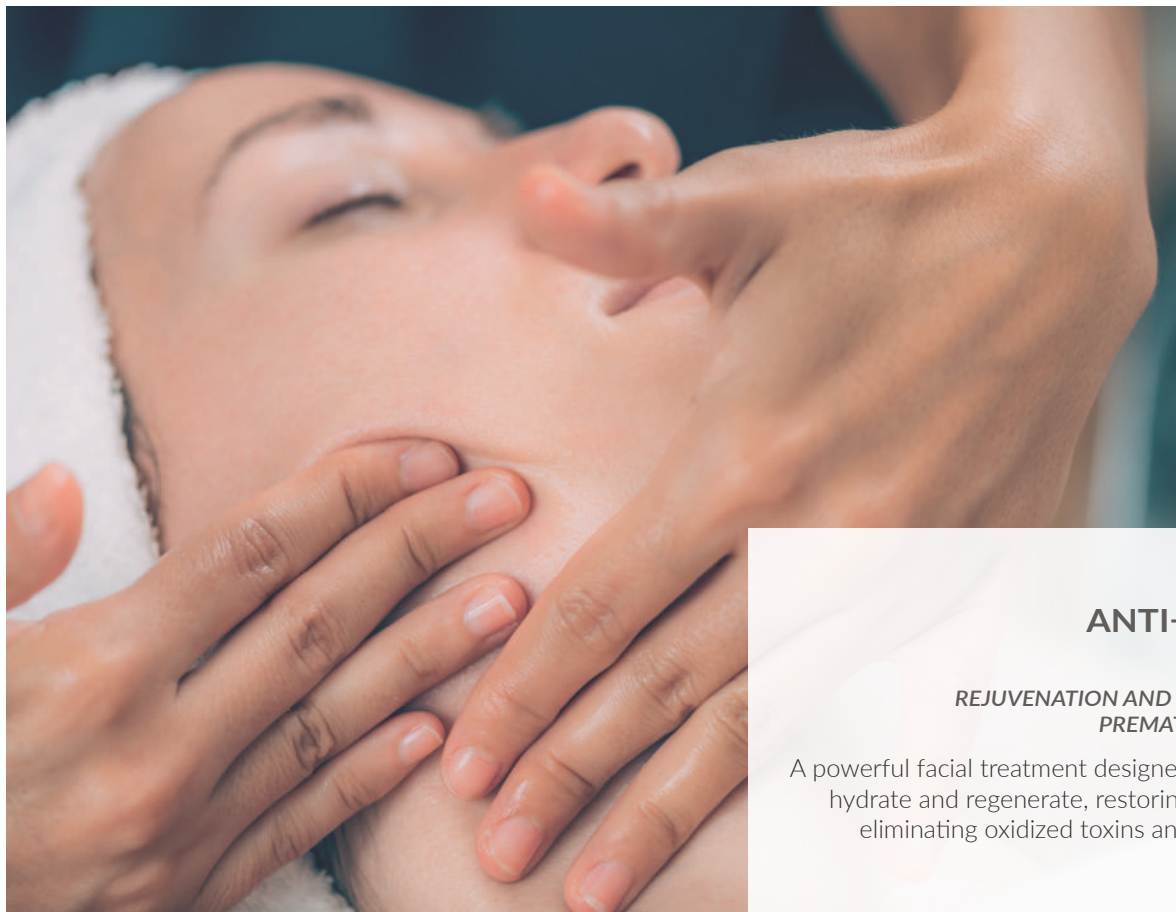
REGENERATOR / SOOTHING FOR MEN

90 MIN

A BASIC CARE FOR MEN'S SKIN

A treatment specifically formulated to soothe, decongest and regenerate men's skin. The action of regular shaving eliminates the hydrolipidic film that protects skin from external aggressions and this treatment restores the necessary protection to the skin and offers a sensation of freshness and radiance to the face.





ANTI-AGEING

90 MIN

**REJUVENATION AND PREVENTION
PREMATURE AGEING**

A powerful facial treatment designed to nourish, hydrate and regenerate, restoring luminosity, eliminating oxidized toxins and preventing skin ageing.

Body Treatments

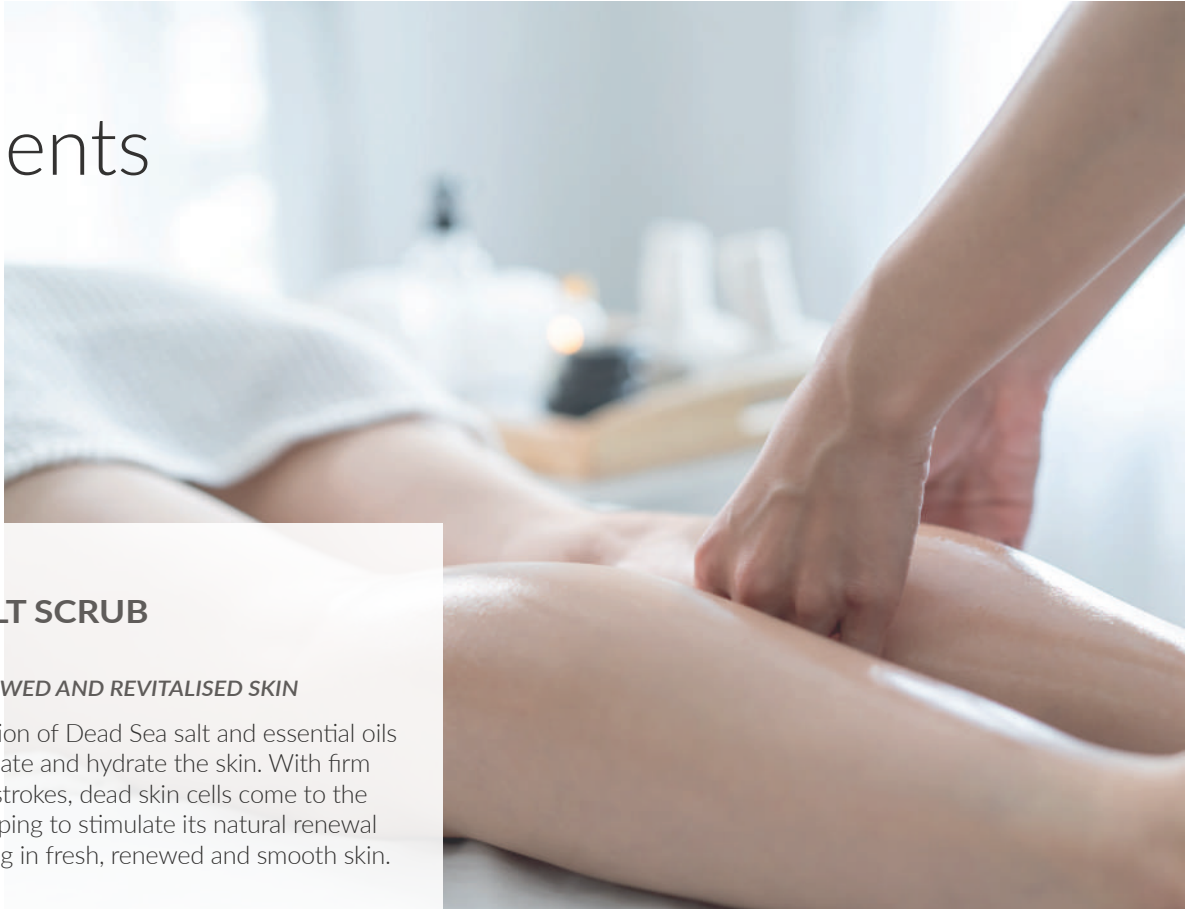
All body treatments include exfoliation, wrapping and massage in order to promote the effectiveness of the desired goals.

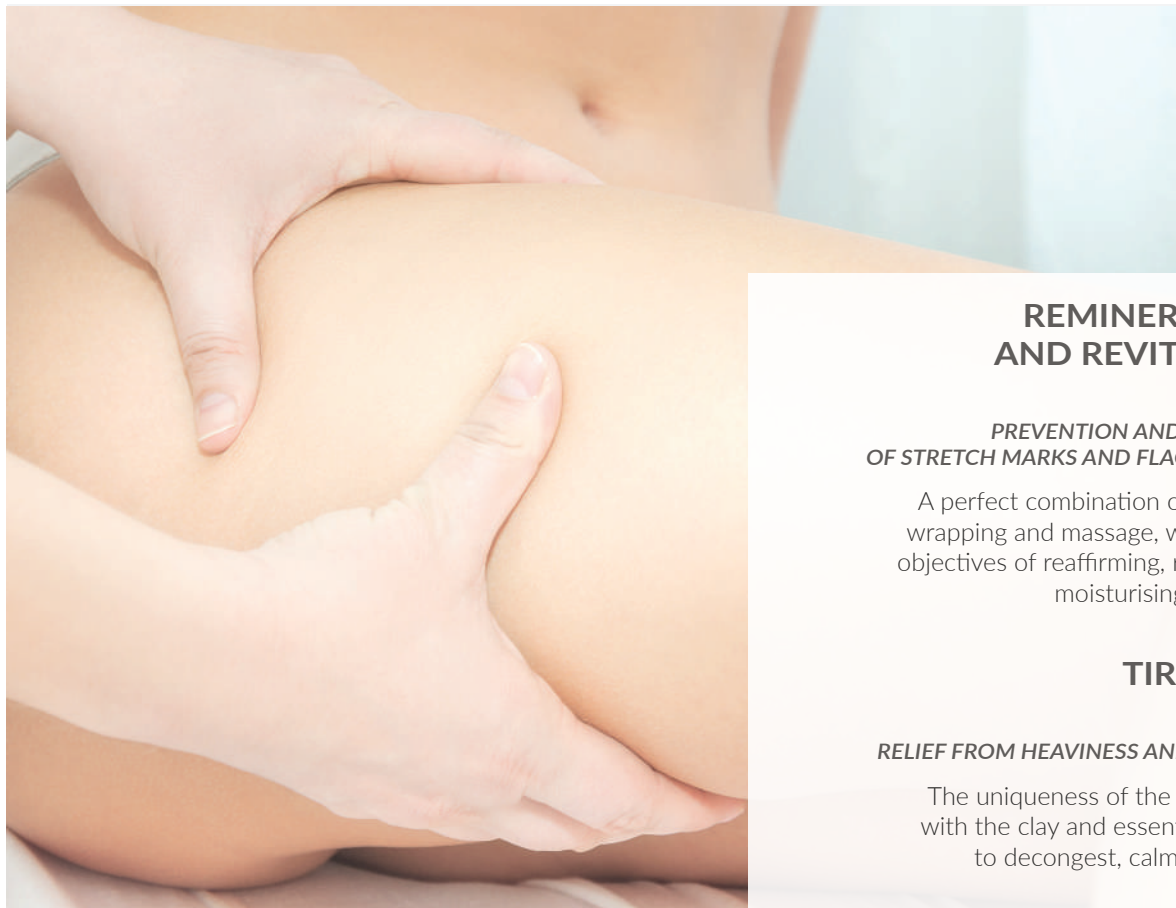
SEA SALT SCRUB

50 MIN

EVEN, RENEWED AND REVITALISED SKIN

A combination of Dead Sea salt and essential oils clean, exfoliate and hydrate the skin. With firm massaging strokes, dead skin cells come to the surface, helping to stimulate its natural renewal and resulting in fresh, renewed and smooth skin.





REMINERALISING AND REVITALIZING

90 MIN

PREVENTION AND TREATMENT OF STRETCH MARKS AND FLACCID TISSUES

A perfect combination of exfoliation, wrapping and massage, with the main objectives of reaffirming, regenerating, moisturising and toning.

TIRED LEGS

90 MIN

RELIEF FROM HEAVINESS AND OVERLOAD

The uniqueness of the salt together with the clay and essential oils helps to decongest, calm and refresh.



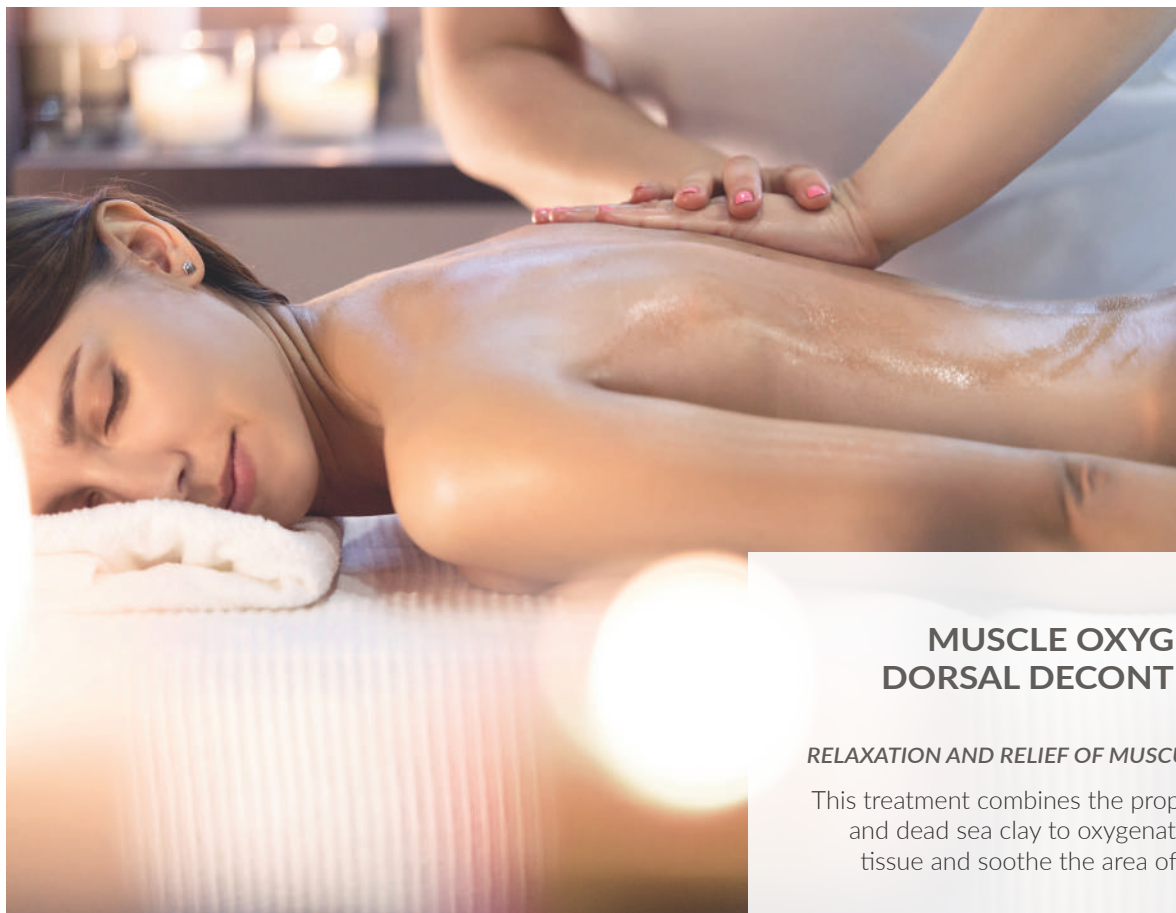
THERAPEUTIC AGAINST PAIN

90 MIN

JOINT PAIN RELIEF

A treatment especially beneficial and designed to relieve pain and muscle tension, in which the movements are designed to relax and soothe areas of tension.

The perfect synergy between essential oils, salt and clay, which combat areas of tension.



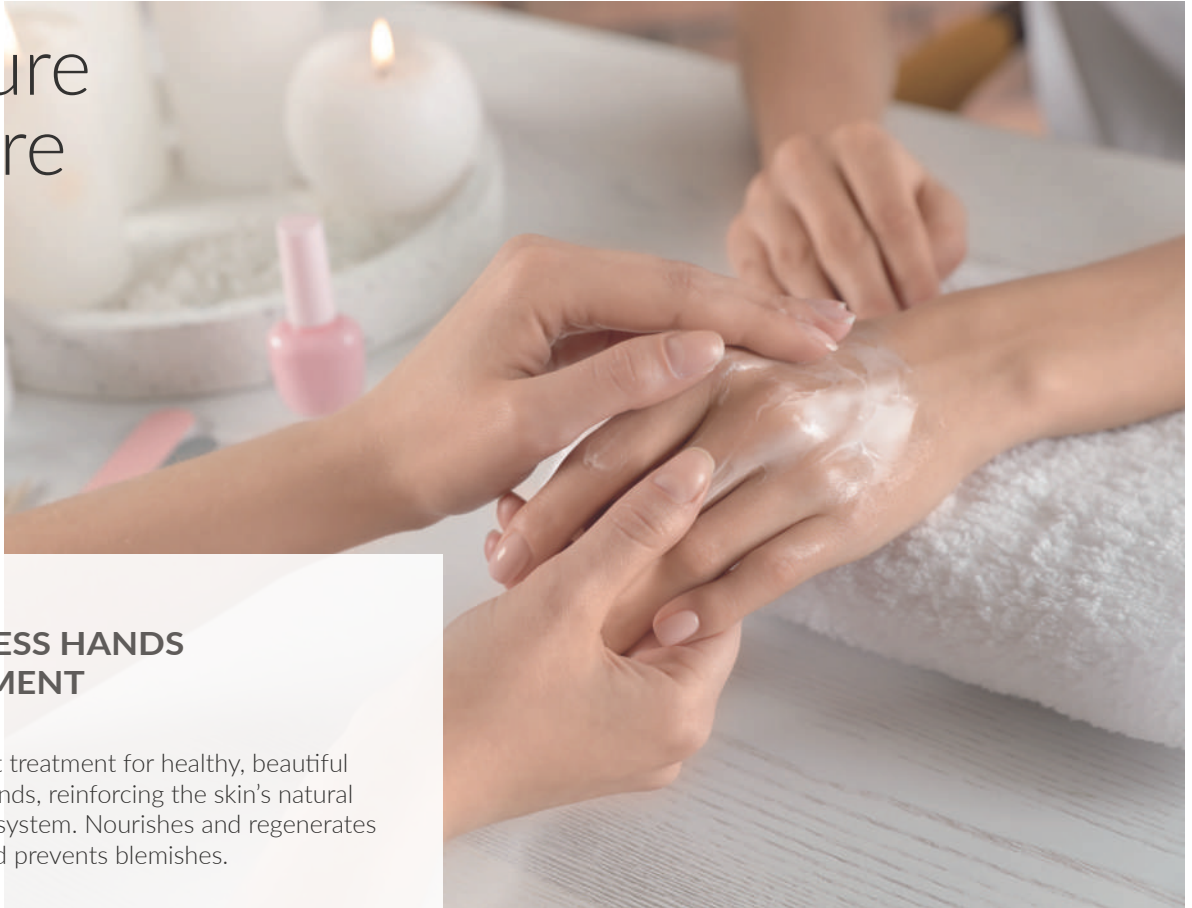
MUSCLE OXYGENATOR DORSAL DECONTRACTOR

90 MIN

RELAXATION AND RELIEF OF MUSCULAR EFFORT

This treatment combines the properties of salt and dead sea clay to oxygenate the muscle tissue and soothe the area of contracture.

Manicure Pedicure



FLAWLESS HANDS TREATMENT

60 MIN

The perfect treatment for healthy, beautiful and soft hands, reinforcing the skin's natural protection system. Nourishes and regenerates dry skin and prevents blemishes.



FOOT BEAUTIFIER TREATMENT

60 MIN

Your feet deserve special, continuous nourish, as well as nourishing, moisturising and decongesting to enhance your beauty.

Waxing

COMPLETE WAXING

Although it is not a permanent method, waxing is a quick and effective method for hair removal, corresponding to a temporary method that removes hair by the root. It can be used on any part of the body and the hair takes about 2 to 8 weeks to regrow, and over time they become weaker and weaker. The waxed area is smooth and soft.

FEMALE

FULL BODY

60 MIN

FULL LEG

40 MIN

HALF LEG

30 MIN

BIKINI WAX

20 MIN

ARMS

40 MIN

UNDERARMS

10 MIN

BROWS

20 MIN

UPPER LIP

10 MIN

CHIN

10 MIN

MALE

LEGS

50 MIN

BACK

40 MIN

CHEST

40 MIN

ARMS

40 MIN



Information

BOOKING TREATMENTS

To book one of our services please make a reservation in advance with the hotel reception. Our staff will be happy to help you select the treatments that are most appealing and beneficial to you.

MEDICAL CONDITION

Please inform the therapist at the time of booking and before beginning the treatment in the following cases: pregnancy, recent surgery, diabetes, heart problems or others.

You should always consult a doctor before treatment as it may not be advisable.

ARRIVAL

Please arrive at the Spa 15 minutes prior to your appointment in order to prepare for your relaxation moment. Arriving late will deprive you of precious Spa minutes.

WHAT TO WEAR

You may come in wearing your bathrobe or use our treatment booths to change your clothes. A dressing gown and towel will be provided before your treatment. All our therapists are trained to drape the towels maintaining your privacy during your treatment.

We are not responsible for any loss or theft. We recommend that you do not bring valuables objects.

PUNCTUALITY / CANCELLATIONS

If you are more than 10 minutes late, the hotel may cancel or reschedule your treatment or, depending on the treatment it may be reduced to the remaining time.

We ask that you notify us of the cancellation 12 hours prior to the appointment. In case of no-show or cancellations with less than 12 hours' notice we reserve the right to charge 75% of the treatment fee.



MONTEBELO

HOTELS & RESORTS

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