



MONTEBELO AGUIEIRA

LAKE RESORT & SPA

★★★★★

PRICING SPA TREATMENTS

FACIAL TREATMENTS

	PREÇO	DURAÇÃO
Anti-age treatment	70€	60 min.
Nourishing treatment dry skin	70€	60 min.
Moisturising Treatment Oily Skin	70€	60 min.
Double chin reducer/ reaffirming treatment	70€	60 min.
Soothing treatment sensitive skin	70€	60 min.
Regenerating/calming treatment for men	70€	60 min.
Eye treatment	65€	60 min.

BODY TREATMENTS

Sculptor-reducer treatment	75€	60 min.
Fat reducer treatment	75€	60 min.
Anti-cellulite treatment	75€	60 min.
Remineralizing and vitalizing treatment	75€	60 min.
Bust firming treatment	75€	60 min.
Tired legs treatment	75€	60 min.
Therapeutic treatment for pain	75€	60 min.
Muscle oxygenating treatment for dorsal contractures	60€	60 min.
Manicure treatment	25€	60 min.
Perfect manicure treatment	30€	60 min.
Pedicure treatment	35€	60 min.

SPA TREATMENTS

Ritual "Oásis de Serenidade" [Oasis of serenity]	100€	90 min.
Ritual "Rainha do Egipto" [Queen of Egypt]	100€	90 min.

SPA SUBLIME TREATMENTS

Ritual "Ar São" [Clean Air]	185€	90 min.
Ritual <i>Energia e Espiritualidade</i> [Energy and Spirituality Ritual]	165€	90 min.
Ritual <i>da Alegria</i> [Ritual of Joy]	135€	90 min.

WAXING

Complete	45€	60 min.
Full Leg	20€	45 min.
Half Leg	15€	30 min.
Upper Lip	5€	10 min.
Underarm	8€	20 min.
Bikini area	10€	30 min.
Eyebrow	5€	20 min.
Arms	12€	30 min.
Chin	3.50€	10 min.

MALE WAXING

Back	16€	30 min.
Chest	13€	60 min.
Arms	12€	45 min.
Ears	2€	10 min.

MASSAGES

Relaxing massage	40€	30 min.
Relaxotherapy	65€	60 min.
Ayurvedic massage	80€	90 min.
Hot Stone Massage	65€	60 min.

INFORMATION

Opening hours

By appointment.

Arrival at the Spa

We suggest you arrive at the Spa 15 minutes before your scheduled time, so that you can prepare for your moments of relaxation. Upon your arrival, you will receive a bathrobe and a towel.

We have lockers at your disposal to store your clothes and personal belongings.

Punctuality/Cancellations

If for any circumstances you are late, we are not responsible for the non-completion of the treatment.

If you foresee the possibility of a delay or a no-show, please contact us to schedule another time.

If you fail to show up or cancel within a period of less than 12 hours, we reserve the right to charge 75% of the amount for the scheduled treatment.

Spa area

Sauna / Turkish Bath - services without a technician.

Prices with VAT included.

Price subject to change without notice.

Enjoy the best

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MONTEBELO AGUIRES

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WELLNESS SERVICES

FACIAL TREATMENTS

Anti-aging

Rejuvenating and preventative treatment for premature aging

Young skin is characterized by its firmness, texture and natural moisture. Over time and over the years, the skin becomes damaged and the first signs of aging appear.

This and other factors cause an increase in the thickness of the dermis, causing a deficit of fibres, causing so-called expression wrinkles.

Purpose: to regenerate the signs of aging, activate blood microcirculation, regenerate the epidermis, oxygenate.

Nourishing Dry Skin

Working protocol for skins that need more hydration and nutrition

Dry skin first starts out due to lack of lipids, leading to a lack of hydration. As a consequence and due to the lack of treatment, it can lead to irritation, dryness, peeling and the first signs of skin aging, such as wrinkles and expression lines. Dry skin has: lack of water, which is necessary for oxygenation and proper nutrition. We can moisturise the skin using oils and creams; We can make up for a lack of lipids, which occurs whenever there is a malfunction of the sebaceous glands a low level of fat is produced, which insufficient for the skin.

Purpose: to hydrate and deep nourish, compensate for nutritional deficiencies, oxygenate, prevent water loss from the skin, protect the skin from external agents (rebuilding the skin barrier).

Moisturising Oily Skin

Working protocol to balance sebum secretion

Oily skin is characterized by having a cutaneous water/oil emulsion from which the sebaceous glands are overactive. This secretion starts during puberty and the area where it usually appears is on the forehead, nose and chin, where the sebaceous glands are more numerous and bulky. The determining factors of this type of skin are many, among which are: hereditary; use of products with a high degree of alcohol, which damage the skin, although apparently it eliminates fat, in fact, it excites the sebaceous glands even more; a high-fat diet; stress; fatigue.

Purpose: to hydrate, regulate the secretion of sebaceous glands, oxygenate, prevent water loss from the skin.

Double Chin Reducer / Firming

Step by step reduces the fat located under the chin

Loosening of the skin is an undeniable consequence of the passage of time. The loss of sharpness of the face contours is the result of a functional imbalance, formed by adipocytes. To this problem, is added the loss of toning due to lower capacity of the cells to synthesize the

different elements necessary for proper functioning of the skin. All of this results in breaking down the curvature of the oval shape of the face and have effect in the double chin and neck area.

Purpose: to reduce and model, reaffirm, promote cellular oxygenation and hydrate.

Soothing Sensitive Skin

Protocol for epidermic regeneration and protection

Sensitive skin is marked by its high tendency to allergies or irritation from external or internal stimuli, causing variable redness accompanied by a burning sensation and discomfort. They are classified into three groups: skin intolerant to any cosmetic; apparently normal skins, but which become sensitive to contact with certain substances - the most common factors are the cold, the sun and certain cosmetics; genetically sensitive skins: eczema, etc. This type of skin needs products rich in lipids, which soothe and repair it.

Purpose: to soothe and clarify, strengthen the skin barrier, helping to block the mechanisms responsible for reactions, moisturise, nourish and oxygenate, soothe the rosacea, prevent water loss from the skin, protect the skin from external agents, smooth the epidermis.

Regenerating / Soothing for Men

Basic male skin care program

There are many men who suffer from sensitive and irritated skin problems due to several sources; what stands out is the fact that they have to shave daily, which takes away the hydrolipidic layer that protects the skin from external aggressions.

Shaving is aggressive to the skin, the consequences of which translate into dryness and skin fatigue. In more extreme cases, there is itchiness, a symptom of an inflammation, continuous stinging that can cause scaling and a burning sensation that can turn into sores, eczema and even pathologies such as folliculitis.

Purpose: to calm and clarify, hydrate, regenerate the epidermis, oxygenate.

A New Look

Eye rejuvenating

The condition of the skin and the tissues that surround our eyes are key elements in the general appearance of our face, especially susceptible to everyday wear and tear and the passage of time.

With this treatment we can improve these tissues, promoting circulation and nourishing them, improving the contour of our look.

Purpose: to reduce the inflammation of the eyelids, to relieve the sensation of weight, to reduce bags under the eyes, to regenerate the tissues.

BODY TREATMENTS

Reducer

Global thinning program to shape the figure

Cellulite is a problem located in the adipose tissue. Adipocytes are where cellulite is formed. An imbalance between the processes of accumulation (lipogenesis) and elimination of fats represents one of the decisive factors of this aesthetic problem appearing. This storage phenomenon causes adipocytes to grow, which can increase up to 27 times their size. These local overloads obstruct blood vessels, retain fluids and form lumps that give the skin an "orange peel" look, especially at the level of muscles, hips and buttocks.

Purpose: volume reducer, anti-cellulite, purify, activate the lymphatic system, oxygenate.

Localized Fat Reducer

Shock program in problem areas

Obesity is a widespread fat overload, caused by overeating. Physical and metabolic activities are insufficient in terms of nutritional intake. The only mechanisms that can be influenced to alleviate obesity are those that break down and mobilize fat accumulation (lipolysis), or that prevent reserve triglycerides (lipogenesis) from forming.

Purposes: to shape, anti-cellulite, purify, oxygenate.

Localized Anti-cellulite

Prevention and attack program for "orange peel skin"

This treatment is indicated for skins that have an "orange peel" aspect, when looking for a smoothing and reducing effect. Nowadays 90% of women have "orange peel" which is located more on the hips, buttocks, belly, muscles and knees. Cellulite is not only an aesthetic problem but also metabolic and characterized by a change in the cells of adipose tissues, not producing adequate drainage, so they become inflamed, increase in size and acquire more rigidity than normal, causing compression of a circulatory problem and lymphatic in addition to the unsightly problem.

Purpose: to activate the lymphatic system, improve tissue elasticity, oxygenate, eliminate orange peel skin.

Remineralizing and Vitalizing

Prevention and treatment of stretch marks or flabby tissues

Stretch marks are the result of the rupture of the elastic fibres of the skin. When this stretches, the fibres with less elasticity break, creating stretch marks. At first, they are a rosy colour, then they turn white. Stretch marks are most common on the abdomen, but they also appear on the muscles, buttocks, thighs, bust and arms. There are many causes for stretch marks. The skin stretches to accompany the increase in body volume.

But skin has a limit. When this limit is reached, the deepest parts of the skin breaks and this break can be seen in the epidermis.

Purpose: to firm, regenerate, hydrate and tone.

Bust Firming

Firming and toning bust protocol

As a key element in the woman's figure and health, the bust needs specific care and toning. This treatment offers us the possibility of firming and raising the bust. It is an ideal complement to treatments shaping the figure, and also a specific treatment for those who simply want to improve firmness in this very fragile area of our anatomy.

Purpose: to tone the muscle, activate circulation, firm up tissues, oxygenate.

Tired Legs

Professional care to relieve weight and overload

Circulatory problems are very common in women, although men are not exempt from these problems. It is very important to consider the situation of the lower extremities that support the weight of the body. Several causes include sedentary lifestyle, being overweight, footwear, wearing tight pants, dieting, etc. which can produce a dilation of venule walls, thus increasing the pressure inside the capillary vessel, hindering the return circulation of blood from the veins.

Purpose: to decongest, calm and refresh, activate the return circulation of venous blood, activate the lymphatic system, oxygenate.

Therapeutic against Pain

Maximum well-being in relieving joint pain

The skeleton provides support and structure to the body. The joints are the areas where the bones join and provide flexibility to the skeleton for movement. Over the years, some degenerative diseases appear irremediably. Bone mass is lost especially in women after menopause, as bones lose calcium and other minerals. That is why problems such as arthrosis, arthritis, rheumatism or the like can cause a decrease in quality of life.

Purpose: to oxygenate the tissues, calm and relax.

Dorsal Decontracting Muscle Oxygenator

Relaxation and relief for muscular efforts

A muscle contracture consists of the persistent and involuntary increase in muscle tone. In some cases, it is due to overworking a specific muscle, and the contracture is localized. A contracture can be triggered by making a sudden or violent movement or due to many hours of continuous exercise without proper preparation. Other causes are stationary positions for a long time, anxiety and stress.

Purpose: to oxygenate muscle tissue, calm the area that presents a contracture, relaxation.

Hands and Nails

Professional manicure and care to enhance the beauty of your hands

Take care of your hands and the beauty of your nails with a professional manicure. Your hands deserve a special beautifying treatment, taking care of your nails and cuticles.

Purpose: to nourish, moisturise, treat, beautify, refresh.

Perfect Hands

Ultra-moisturising and protective natural treatment

The perfect treatment to have and maintain healthy, beautiful and smooth hands, in addition to reinforcing the skin's natural protection system. After the face, the hands are the parts of the body most exposed to external aggressions: frequent washing, use of aggressive detergents, changes in temperature, tobacco, etc.

Purpose: to moisturise (nail, cuticle and skin), purifying and regenerating effect. Nourish, protect and regenerate dry, cracked and aged skin. Prevent skin blemishes.

Foot Beautifier

Professional pedicure and care to enhance the beauty of your feet

Our feet deserve special and ongoing care, both to prevent future diseases and to control possible malformations. The feet continually suffer from unsuitable footwear, from climatic changes, from weight gain, or from some accidental or congenital problems. Among other infections there are: calluses and cracks caused by inadequate hydration or nutrition, fungi, eczema, etc.

Purpose: to nourish, regenerate, hydrate, disinfect, decongest and refresh.

SPA TREATMENTS

Ritual "Oásis of Serenidade" [Oasis of serenity ritual]

Enjoy a space of peace and deep well-being

There are few places in the world where serenity, peace, beauty and health can be found. Stress is the most important cause of aging and cell degeneration, and it is even the cause of numerous conditions. To eliminate stress is to create a space of deep health and well-being, necessary to continue to live in harmony and to enjoy life. This treatment consists of the fusion of an anti-stress body treatment and a nourishing and moisturising facial treatment, providing a feeling of peace and relaxation that is transmitted to the whole body and mind.

Purpose: to balance, hydrate, relax and remineralize.

Ritual Rainha do Egito [Queen of Egypt Ritual]

Beauty, seduction, rejuvenation and harmony

Cleopatra was one of the most beautiful and fascinating women in history. Her beauty was partly the result of several treatments and care: massages with sacred oils of incense and myrrh that rejuvenate the skin and bring serenity to the spirit, wraps of Dead Sea salts and exotic fragrances, water baths enriched with precious stones and natural perfumes. Immerse yourself in an experience of pleasure that will help you feel like a queen and remain young and beautiful thanks to the anti-aging effect of essential oils of incense and myrrh.

Purpose: to nourish, hydrate and relax.

SPA SUBLIME TREATMENTS

Ritual "Ar São" [Clean Air Ritual]

Anti-smoking, detoxifying and purifying treatment

Tobacco damages the skin, especially the face and hands, causing dehydration of the epidermis and breaking the elastic fibres of the dermis, contributing to the appearance of wrinkles and premature skin aging, generating the proliferation of free radicals. This treatment, through aromatherapy, helps to fight the excess of toxins, contributing to a hydration, oxygenation and detoxification of the skin, giving it a healthier and more light aspect.

Purpose: to detoxify, purify, oxygenate, relax.

Ritual Energia e Espiritualidade [Energy and Spirituality Ritual]

Holistic treatment for the balance of the Chakras

This treatment is based on the Deep Wisdom from the East, which conceives health as the harmony between three bodies: Physical, Energetic and Mental. The energy centres of this great system are called Chakras: 7 main rotating vertices, composed of successive layers of energy. The Energy or Vital Force ("Qi", "Prana") flows through the body through of a network of energy channels called Meridians or Nadis. This holistic ritual provides

a rebalancing of the Body-Mind-Spirit through the most special essential oils, combined with the power of precious stones and applied to energy points or Chakras.

Purpose: to rebalance, revitalize and harmonize.

Ritual da Alegria [Ritual of Joy]

Revitalizing and energizing treatment

Accept this invitation to immerse your body and mind in a realm of stimulating perfumes, pure sensations and unique textures to find serenity and general well-being.

Facial and body treatment based on the revitalizing properties of fruits: moisturises, regenerates and restores balance to the skin, deep toning and nourishing the entire body. Combining the perfume and the therapy of essential oils gives balance, strength and mental clarity.

Purpose: to hydrate, rebalance, vitalize, tone.

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.

MASSAGES

Relaxing massage

The slow and regular rhythm of this massage relaxes and immerses the body in a state of relaxation.

Relaxotherapy

This massage is performed through gentle, slow and firm movements on the entire body with aromatherapy, relaxing the muscles and providing relief from tensions and stress. The main purpose is to make the patient "disconnect", providing comfort and renewing energies.

Ayurvedic massage

Ayurvedic massage (Ayur means Life and Veda means Knowledge) is known as the most complete and oldest technique of natural massage, created more than 5.000 years ago in India, where about 80% of the population practices this ancient technique. Ayurvedic massage consists of deep and vigorous touches, stretches and strokes. It provides great relaxation, stimulating muscles and blood circulation, releasing toxic substances trapped in the tissues and muscles of our body.

Hot Stone Massage

Ancient massage technique, using basaltic volcanic stones. Stones accumulate a lot of energy and, when heated, they release it, stimulating the circulation of energy in the body. This is a harmonious way to achieve physical and emotional balance.

Stone massage is suited for relieving several pains in the body and in the back and for relaxation.

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