

/EN

OCYAN
Spa

Santa Cruz | Movement & Nature House



Here, time slows down and energy is renewed.

wellness EXPERIENCES

This spa menu was created to provide a unique therapeutic and sensorial experience.

It is based on the integration of different techniques and knowledge from different parts of the world, combining them with the benefits of aromatherapy and phytotherapy. The aim is to promote a moment of physical, mental and emotional well-being, adapted to the individual needs of each person.



massage

MENU

Re-start Body & Mind

RELAXATION | 30 MIN.

This ritual aims to welcome guests, inviting them to slow down, providing relief from symptoms of stress and tension that often cause discomfort in their daily lives, through the application of brief pressure throughout the body followed by a localized massage of the back, shoulders, neck and head, combining relaxing and invigorating techniques.

This moment invites you to be present and enjoy.

price | 45€

Slow

RELAXATION | 60 MIN.

In this massage the aim is to induce a state of deep relaxation of the tissues and mind, through intense but slow techniques and feeling the benefits of heated stones, of volcanic origin.

Feel the power of touch in this massage that focuses on the most tense areas and extremities - head, hands and feet.

A true invitation to slow living.

price | 75€

Ocyan

REFRESHING | 60 MIN.

This is the signature massage at Santa Cruz | Movement & Nature House.

A massage that combines gentle stretching with long, deep gliding techniques along the entire body, inspired by the movements of the ocean.

Feel the relief of physical, mental and energetic tension as well as increased muscle flexibility and joint mobility. Feel refreshed.

price | 85€

Energy

THERAPEUTICS | 60 MIN.

A moderate to deep pressure massage, with intense and rhythmic movements, to relieve muscle tension and joint stiffness, thus increasing range of movement.

It combines digitopression techniques with phytotherapy, using pindas swedanas that promote muscle recovery.

Aromatherapy promotes relaxation, both mentally and physically.

price | 90€

Abhyanga

THERAPEUTICS | 60 MIN.

Abhyanga is an intense traditional Indian massage that combines deep and vigorous movements.

It is a rhythmic and deeply relaxing massage.

It improves blood and lymph circulation, allows the elimination of toxins and restores the energy flow that stimulates the body's vital energy.

A complete expansion of the mind-body-spirit.

price | 90€

Shiatsu

THERAPEUTICS | 60 MIN.

Shiatsu massage is a very effective therapeutic technique that helps to combat physical stress and improve body posture, producing deep relaxation of the body.

This massage uses pressure in specific places, through the fingers, palms or elbows, in order to relieve tension points.

A powerful massage, used as an auxiliary therapy in the search for balance, healing and quality of life.

price | 90€

Sound massage with Tibetan singing bowls

THERAPEUTICS | 60 MIN.

In sound massage with Tibetan bowls, the bowls are placed directly on the body, with light and comfortable clothing, producing soft vibrations and harmonious sounds that allow us to enter a state of relaxation.

The sound massage with Tibetan bowls works as a serene massage in which you feel well-being and deep relaxation.

price | 110€

Motherhood

RELAXATION | 60 MIN.

This massage has been specially designed for pregnant women over 12 weeks of gestation.

It is a relaxing full-body massage that uses gentle techniques and comfortable positions to ease any pregnancy-related discomfort, reduce swelling, and promote deep relaxation.

An invitation to enjoy a moment of well-being during this special time.

price | 75€



Roots

RITUAL FOOT BATH AND FOOT REFLEXOLOGY | 75 MIN.

Our feet have several nerve endings that are connected to different regions and organs of our body.

Heating and stimulating these points can immediately restore the body's energy balance, causing physiological changes in the body as the body's own healing potential is stimulated. This combination provides relief from many symptoms.

A ritual that goes far beyond feet and relaxation.

price | 90€

Reiki

THERAPEUTICS | 45 MIN.

Reiki therapy aims to contribute to the promotion of physical and mental health, providing a feeling of relaxation and well-being.

This therapy is performed with clothes and through the laying on of hands.

Allow yourself to be surrounded by an immediate sense of peace.

price | 50€

Fresh Wind

FACIAL TREATMENT | 60 MIN.

Our skin and face are also a reflection of our inner self.

This treatment is suitable for all skin types, aims to purify and hydrate the skin and restore a feeling of freshness, using products of natural origin.

price | 90€



spa
REGULATION

SPA SCHEDULE

8H00 - 20H00

TREATMENT SCHEDULE

10H00 - 19H00

spa
REGULATION

spa REGULATION

I. Access to the SPA is limited to people aged at least 18;

II. We strongly recommend that the guest uses the slippers and robe that are at his/her disposal in the bedroom;

III. All disposable accessories of care and body treatment (such as towels, shower caps and underpants) will be at the guests' disposal in the SPA;

IV. The reservation of treatments is subject to availability;

V. The reservation of treatments must be done preferably with 12 hours' notice, at the reception;

VI. The cancelation of that reservation must be done with at least 12 hours' notice, at the reception;

VI. We recommend that the guest shows up in the exact schedule, so that the treatment isn't compromised;

VII. In case of illness or pregnancy, the guest must inform the person with whom the reservation was made or the SPA therapist;

VIII. The use of laptop or cell phone during sessions is forbidden;

IX. We recommend that the guest maintains an adequate level of silence and tranquillity when using the space or during treatments;

X. We recommend that all valuable objects are stored in the safe box of the guest's bedroom.



Santa Cruz

Movement & Nature House

SANTA CRUZ
Movement & Nature House

/ E-MAIL /

info@santacruznaturehouse.com

/ PHONE /

+351 261 095 900

/ WHATSAPP /

+351 924 177 172

**Estrada da Praia Azul, N. 14
Silveira, Torres Vedras**

PORTUGAL



www.santacruznaturehouse.com